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Bendis Saage

**ADHD and Learning:  
Successfully Mastering School and  
University Studies  
Practical Strategies for Concentrated  
Learning, Supporting ADHD Students, and  
Creating Effective Study Environments at  
Home and in Educational Settings**

77 Sources

41 Diagrams

47 Images

7 Illustrations

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**Dear readers,**

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

ADHD presents children, adolescents, and their families with unique challenges in learning on a daily basis. Difficulties with concentration and organizational issues can significantly complicate school life. This practice-oriented specialist book offers concrete strategies and solutions for individuals affected by ADHD to sustainably improve their learning behavior. From the optimal design of the workspace to effective learning techniques and exam preparation, all relevant aspects are systematically examined. The methods presented are based on current scientific findings and have been tested in practice. Parents, educators, and those affected receive valuable tools to successfully navigate the learning process—from elementary school to university. With this guide, it becomes possible to effectively harness the unique strengths of individuals with ADHD and systematically overcome learning difficulties. Discover proven strategies for focused and successful learning with ADHD!

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

## **Bendis Saage**

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## Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

## **Additional bonus materials on our website**

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



[www.SaageBooks.com/adhd\\_and\\_learning-bonus-GT7IX9](http://www.SaageBooks.com/adhd_and_learning-bonus-GT7IX9)



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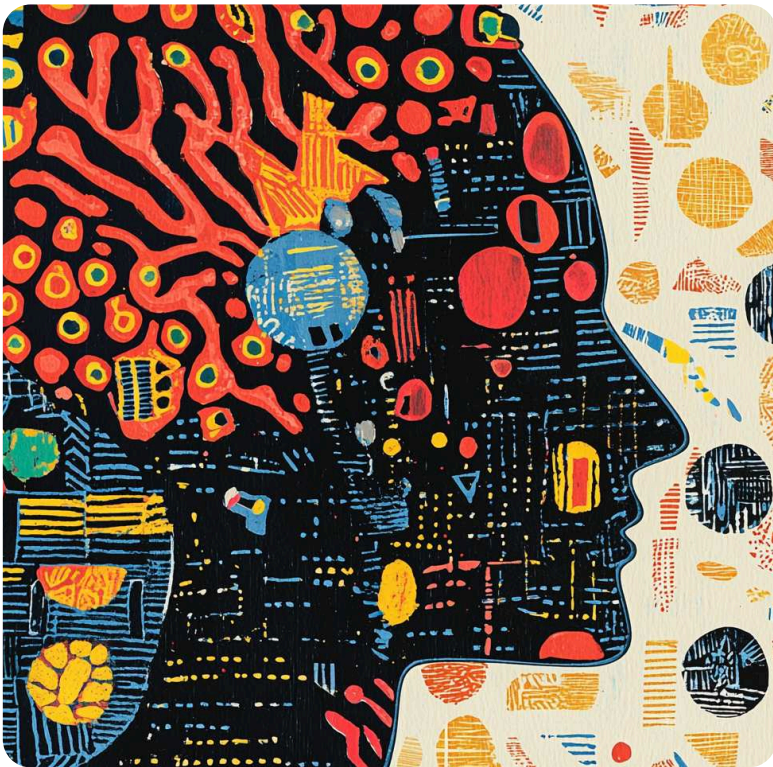
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# 1. Learning Strategies and Concentration

**W**hy do some people find it so difficult to focus on a task, while others can effortlessly study for hours? This question concerns parents, teachers, and those affected alike. The key to successful learning lies not solely in intelligence or talent, but in the right approach and suitable tools. Individuals with ADHD often require different pathways to learning success than those without this condition. In this chapter, we will explore together how the natural strengths of those affected by ADHD can be effectively utilized in the learning process.





## 1.1 Concentration Techniques



Concentration techniques are essential for successful learning, especially with ADHD. They help to focus attention and minimize distractions, both in school and in studies. However, implementation poses challenges for many. This section highlights the difficulties and practical benefits of various strategies for optimal concentration. Discover how to shape your learning environment and purposefully direct your attention.

*Effective concentration techniques take into account both the design of the external learning environment and the management of internal distractions.*

## Create a Structured Work Environment



A structured work environment significantly contributes to concentration and can be optimized through various strategies. The establishment of predictable routines and the use of learning aids enhance concentration and facilitate organization [s1]. A structured daily routine, beginning with a well-thought-out morning routine, lays the foundation for a productive day [s2]. Planning systems, prioritization methods, and reminders support organization and help maintain an overview of tasks and goals [s2]. Repetitive tasks can be made more interesting through new impulses and varied approaches [s1]. Breaks should be firmly scheduled, and environmental stimuli should be utilized purposefully to promote concentration and maintain mental energy [s2]. The reduction of distractions, both visual and auditory, is crucial for a focused work atmosphere [s3]. Sound-absorbing materials, such as carpets or special wall coverings, minimize ambient noise and thus improve the signal-to-noise ratio [s3]. A reduced lighting intensity can enhance attention and engagement [s3]. Additionally, consciously reducing visual stimuli in the workspace increases concentration. A tidy desk with only the necessary materials can make a significant difference. The tactile environment also plays a role: by strategically placing furniture and work materials, unwanted tactile stimuli can be minimized [s3]. Flexible seating options can further support engagement and attention [s3]. In addition to the physical design of the environment, social



factors are also relevant. Involving one's personal support network and group interventions can positively influence the structuring of daily work [s4]. Psychoeducation promotes understanding and self-awareness, contributing to a positive work environment [s4]. A good relationship with colleagues and supervisors is also important for the success of workplace interventions [s4]. Promoting emotional regulation and social skills can improve work performance and should be considered in interventions

[s4]. Regular exchanges with teachers or trainers about learning progress enable continuous adjustments of learning strategies and the work environment [s1]. Cognitive therapies and cognitive behavioral therapy can also be helpful in cases of persistent concentration problems [s1].



FIGURE 48.—A neuropsychiatric social work technician conducts a group therapy session, under supervision of the neuropsychiatrist, with U.S. disciplinary barracks prisoners.

*Group intervention* <sup>[i1]</sup>

## **Good to know**

### **Cognitive Behavioral Therapy**

A form of therapy that combines cognitive and behavioral approaches to improve concentration and learning behavior.

### **Emotional Regulation**

The ability to recognize, understand, and manage emotions is important for concentration and learning behavior.

### **Flexible Seating Options**

Dynamic sitting and movement options can positively influence concentration and attention, especially in individuals with ADHD.

### **Group Interventions**

In groups, individuals learn strategies to improve concentration and learning behavior and benefit from exchanges with others.

### **Planning Systems**

Calendars, to-do lists, or special apps help visualize, prioritize tasks, and maintain an overview, which promotes concentration.

### **Prioritization Methods**

Methods such as the Eisenhower Matrix help to organize tasks by importance and urgency, thereby directing concentration to what is essential.

### **Signal-to-Noise Ratio**

The ratio between relevant information (signal) and disruptive influences (noise). A good signal-to-noise ratio is important for concentration.