



Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder

Stephanie Moulton Sarkis

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In college, independence, fun activities, and new friendships abound. But if you have attention deficit disorder (ADD), these new opportunities also present new challenges. To adjust to college life, you'll need to learn to harness your disorder in new ways in order to plan your time effectively, become a successful student, make friends, and take advantage of everything campus life has to offer.

This easy-to-use guide will help you create study habits that work with your ADD in productive and positive ways. You'll learn how to:

- Set up a class schedule with your ADD in mind
- Get along with roommates and establish a comfortable living situation
- Stay focused, take notes, and study when surrounded by distractions
- Get help at your campus health center when you need it
- Make time for socializing and extracurricular activities

Written by a licensed mental health counselor who has ADD herself, this guide will be a valuable resource through your college years and beyond. Visit the author at her web site: www.stephaniesarkis.com.

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From reader reviews:

Jennifer Stewart:

Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder can be one of your beginning books that are good idea. Most of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort that will put every word into enjoyment arrangement in writing Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder yet doesn't forget the main level, giving the reader the hottest and also based confirm resource facts that maybe you can be certainly one of it. This great information could drawn you into new stage of crucial considering.

Jeremy Turner:

Is it anyone who having spare time and then spend it whole day by means of watching television programs or just lying on the bed? Do you need something totally new? This Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder can be the reply, oh how comes? A fresh book you know. You are therefore out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

Lois Hutter:

That publication can make you to feel relax. This book Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder was colourful and of course has pictures on the website. As we know that book Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder has many kinds or category. Start from kids until teenagers. For example Naruto or Investigation company Conan you can read and think you are the character on there. Therefore , not at all of book usually are make you bored, any it makes you feel happy, fun and relax. Try to choose the best book in your case and try to like reading that will.

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