

Counseling Services at Lake Superior College,
Phone 218-733-7603

Counselors are available to assist students in career planning, stress management, crisis intervention, and family and personal relationship concerns. Additionally, the Student Services Center contains career and life planning materials, and information about a variety of career assessment instruments.

ADDITIONAL RESOURCES:

Association of Higher Education and Disability AHEAD:

www.ahead.org

National Mental Health Assn:

www.nmha.org

National Attention Deficit Disorder Assn: www.add.org

LD Association of America:

www.ldanatl.org

Attention Deficits Support Services of MN: www.adssmn.org

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Available in alternative format upon request.



Successful Strategies for Students

Attention Deficit Disorder (ADD/ADHD)





Student Learning Strategies

Attentiveness, concentration, and organization are the areas that college students with ADD/ADHD may want to enhance.

Attention to Lectures

Meet with the Disability Coordinator to set up appropriate accommodations.

Before lectures, look over the notes of the previous lecture and read the course material pertaining to the lecture topic.

Resist distraction by sitting in front of the room and by focusing on the instructor by active listening and note taking.

Show outward interest during lectures (attentive expression and posture) this will aid in self-motivating internal interest.

Schedule weekly review for each course... A study group is particularly helpful for this.

Attention to Lectures continued...

When appropriate, ask a question, ask for clarity, or engage an instructor and the class in dialogue.

Schedule time to go over lecture material immediately after class. (Forgetting is greatest within 24 hours without review).

Establish a sense of purpose to studying. Decide what grade to work toward. Set up some rewards for yourself. When procrastinating, ask “Why am I taking this course?”

Study in an area that aids concentration. Consider the college’s study areas, such as the library, student rooms, or the Learning Center.

Create interest in the course material and make it relevant, by talking to others about the topics or by relating the materials to something of interest.

Organization

Organize course materials. Bring notes and text to class or to study sessions.

Use a three-ring binder to organize all the handouts and notes from class; by topics or chapters.

Work with a planner. Set up a “to do” list for each class, and schedule test and assignment dates.

Turn in assignments on time. Follow your planner every day.

Student Responsibility

Notify the Disability Coordinator right away about the disability that may affect your learning and success in college.

Provide current documentation of the disability to the Disability office.

Make timely arrangements for accommodations by meeting with the Disability Coordinator prior to each semester.

Follow through with accommodations or modifications to your schedule consistently.

CAMPUS RESOURCES

<http://www.lsc.edu>

[Disability Services office at Lake Superior College, S1911](#)

[Phone 218-733-7650](#)

The Disabilities staff work to ensure that requested accommodations are provided that coincide with the documented nature of the disability. Staff provide a personable and welcoming environment for students to access services. All disability related correspondence is maintained in a confidential manner. Students are also encouraged to become their own best advocates, determining ways to effectively request reasonable accommodations to meet their educational needs.