

# Web-Based Learning Tips for Students with ADHD

created by William and Mary Counseling Center

When you experience symptoms of ADHD, it can be difficult to stay focused on your academic assignments. These struggles can be exacerbated when faced with online learning. Below are some tips to address these challenges. Try out some of the strategies listed below to learn what works best for you!



- Minimize Distractions
  - Find a private space that will limit interruptions
  - Close out unnecessary web browsers
  - Turn your phone to silent and place the screen side down
- Take handwritten notes to increase your engagement with the material
- Break assignments into smaller tasks
- Build in brief breaks every 20-30 minutes
  - Stand up/walk around your room
  - Do a quick exercise
  - Eat a nutritious snack
  - Browse the internet for 5 minutes
- Set reminders for assignments and tasks
- Create a daily “To-Do” list, and prioritize the items on your list
- Develop a studying routine
- Build in extra time to complete assignments



**WILLIAM & MARY**

CHARTERED 1693

For brief supportive services during business hours or for crisis services after hours and on weekends, call (757) 221-3620 or call the National Suicide Hotline at 1-800-273-8255. For a life-threatening emergency call 911.