

Title:

15 Strategies For Managing Attention Problems

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1296

Summary:

The following strategies are offered for enhancing attention and managing attention problems.

1. Take the Mystery Away

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Keywords:

attention, strategies, add, adhd, manage, problems

Article Body:

The following strategies are offered for enhancing attention and managing attention problems.

1. Take the Mystery Away

The first and perhaps most important management strategy is to insure that all students unders

2. Understand Consistent Inconsistency

Teachers and parents should understand that the inconsistency of children with attention probl

3. Explore the Option of Medication

For many children and adolescents, medication can be helpful in dealing with attentional diffi

4. Allow for Movement and Breaks

It is helpful for students who have problems with inconsistent alertness and mental effort to

5. Vary Instructional Strategies

Teachers should use a variety of instructional strategies and these should be changed approxi

6. Use Signals

The teacher and parents should have a private way of signaling students when they are tuned ou

7. Leverage Interests

Attention is enhanced when interest is heightened. Thus, students should be encouraged to read

8. Minimize Noise & Other Distractions

Students who are easily distracted should benefit from a structured auditory environment. They

9. Develop Previewing and Planning Skills

Teachers and parents can help students develop previewing and planning skills by requiring the

10. Use Behavior Modification and Self-Assessment

The use of behavior modification and self-assessment strategies can be helpful in increasing c

11. Discourage Frenetic Work Patterns

To help students refrain from rushing through their work, teachers and parents could avoid making

12. Get Organized

A notebook with three sections labeled "Work to be Completed," "Work Completed" and "Work to be

13. Use Daily Planners

A student should use a structured daily planner to help him organize his assignments and activities

14. Set Up a Home Office

At home, parents should guide their child/adolescent with setting up his/her own well-organized

15. Allow Time to Wind Down

Many students with attention problems have trouble falling asleep at night. It is helpful for

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