



ADHD Classroom and Teaching Strategies

Instructor: Bonnie Terry – M.Ed., BCAB

Length: 45 Hours

Number of Continuing Education Unit Credits: 3, from the University of the Pacific

Online Course

Introduction

This course is designed to help parents, special educators, and general educators gain a better understanding of ADHD and inclusion. Inclusion is one of the current educational movements that advocates educating students with disabilities including ADHD in general education classrooms. This course will help the learner achieve a better understanding of ADHD and intervention strategies that facilitate positive student learning in the inclusive classroom.

The course covers:

- An overview of ADHD.
- The role executive function and self-regulation play in ADHD and the classroom.
- The inclusion model.
- Strategies for successful learning in the inclusive classroom.
- Differentiated instruction.
- Diet and ADHD.
- Medications and ADHD.
- 4 Alternative management techniques for ADHD.
- 504 Plans for ADHD.
- Classroom and home management for ADHD.
- ADHD and autism.
- Apps for ADHD.
- Reference materials include a list of resources for both teachers and parents who would like more help or information on ADHD or the inclusion model.

A wealth of experience, research and knowledge has gone into developing the ADHD and Inclusion course, designed to provide you with skills, training and strategies that can be used in the classroom, field, and at home.

Session Topics

1. ADHD and inclusion.
2. Misdiagnosed ADD/ADHD.
3. Educational problems caused by ADHD.
4. ADHD and how we learn.
5. What is inclusion?
6. Executive function and self-regulation.
7. ADHD success learning strategies.
8. Planning school projects.
9. ADHD and diet.
10. ADHD medications.
11. Alternative management for ADHD.

12. Classroom management for ADHD – Behavior management in the classroom.
13. Classroom and home management for ADHD.
14. ADHD and 504 Plans.
15. Differentiated instruction.
16. Physical exercise and ADHD.
17. Strategies for teachers.
18. ADHD and autism.
19. Best ADHD apps for organization and education.
20. ADHD in a nutshell.

Methods of Instruction will include:

- Individual lessons.
- Multiple-choice quizzes.
- Assignments.
- Video resources.
- Web links.
- Reports and research articles.

Text and/or Other Materials

Video, screen captures, multiple-choice quizzes, web links and links to reports and research articles are provided by the instructor in this online course. There are NO required textbooks.

Assignments

This course has four assignments. The course includes thirty multiple-choice quizzes, one quiz for each lesson.

Percentage of Course Credit

Quizzes: 100%

Assignments: Mandatory - but ungraded.

OUTLINE OF COURSE

Lesson One – ADHD and inclusion

- To develop an understanding of what ADHD is.
- To understand when ADHD can be diagnosed.
- To gain an awareness of the three subtypes of ADHD.
- To know what the hallmark symptoms of ADHD are.

Lesson Two – Misdiagnosed ADD/ADHD

- To know the questions to ask yourself before getting a diagnosis of ADHD.
- To understand the five reasons some children are misdiagnosed.
- To gain awareness of why a student may be inattentive.

Lesson Three – Educational problems caused by ADHD

- To know how ADHD impacts performance in school.
- To understand how ADHD impacts different children.

Lesson Four – ADHD and how we learn

- To gain an understanding of how we learn.
- To gain an understanding of the vision system, auditory system, and tactile/kinesthetic systems.
- To understand learning preferences.
- To know how individual learning styles impact your learning.

Lesson Five – What is inclusion?

- To understand the inclusion model, including how long it has been practiced.
- To be aware of different models of inclusion.
- To be aware of specific ways inclusion is practiced and implemented in different schools.
- To understand the benefits of inclusion.
- To understand what the federal law says about inclusion and LRE.

- To gain knowledge of the best practices regarding placing special needs children in the inclusive classroom.
- To understand the parent's role in inclusion.

Lesson Six – ADHD and inclusion presentation

- To know what the most common disorder among children is.
- To understand the 8 criteria for ADHD.
- To understand the common effects of ADHD.
- To gain knowledge of good classroom practices.
- To understand the parents role in homework.
- To understand the pros and cons to inclusion.

Lesson Seven – Executive function and self-regulation

- To understand what executive function is.
- To understand what self-regulation is.
- To learn the 5 components of executive function and self-regulation.

Lesson Eight – ADHD success learning strategies

- To understand how to organize schoolwork, homework, or projects so you will be the most productive.
- To know the 11 steps to successful completion of homework.
- To discover what you can do to make schoolwork/homework time easier for your ADHD kids.
- To understand the benefits of teaching planning skills.

Lesson Nine – Planning school projects

- To know how to plan school projects from primary grade through high school.
- To understand why graphic organizers help those with ADHD.
- To gain knowledge of how to help students with ADHD improve executive function and self-regulation.

Lesson Ten – ADHD and diet

- To learn what the best diet for those with ADHD consists of.
- To understand how protein impacts those with ADHD.
- To understand when to eat complex carbohydrates.
- To understand what happens when children have food additives in their diet.

Lesson Eleven – ADHD medications

- To understand if medications will work for you.
- To gain knowledge of medications when one has ODD and ADHD.
- To understand problems that can arise with vitamin C.
- To be aware of withdrawal symptoms and side effects.
- To learn how to monitor ADHD medication effectively.

Lesson Twelve – Alternative management for ADHD – Essential oils

- To learn about how essential oils can benefit those with ADHD.
- To learn which essential oils benefit clarity and focus.
- To learn about aromatherapy and its benefits.

Lesson Thirteen – Alternative management for ADHD – Blood analysis identifies the root cause

- To understand the problems with traditional medication for ADHD.
- To understand what ADHD is caused by.
- To understand what your blood says about you.
- To understand the 21 underlying issues that your blood sample can tell.

Lesson Fourteen – Alternative management for ADHD – Neuro-feedback

- To gain knowledge of what neuro-feedback is.
- To learn how neuro-feedback helps those with ADHD.
- To view two demonstrations of neuro-feedback.

Lesson Fifteen – Alternative management for ADHD – Meditation

- To gain knowledge of how meditation helps those with ADHD.

- To understand the benefits of meditation.
- To learn the best ages to implement meditation for ADHD management.

Lesson Sixteen – Classroom management for ADHD - Behavior management in the classroom

- To learn how to implement behavioral interventions.
- To be exposed to a range of effective behavioral interventions.
- To learn the five steps to giving praise.
- To learn six specific techniques including hurdle helping to use in the classroom.
- To understand how peer mediation can benefit your classroom.
- To learn about functional behavioral assessments.
- To understand token economy systems and self-management systems.

Lesson Seventeen – Classroom and home management for ADHD

- Learn 3 techniques for addressing ADHD.
- Learn what you can do to address ADHD sleep issues.
- Learn when ADHD symptoms need to be present for your child to be properly diagnosed with ADHD.

Lesson Eighteen – Classroom and home management techniques

Step-by-Step Bonnie Coaching a Teacher and Parent

- To learn specific strategies for managing ADHD in the classroom.
- To learn specific strategies for managing ADHD in the home.
- To learn what ADHD kids can become distracted by in a classroom setting.
- To learn the first step to reducing interruption in a classroom.

Lesson Nineteen – ADHD and 504 Plans

- To understand what a Section 504 Plan is.
- To understand who qualifies for a 504 Plan.
- To understand what an appropriate accommodation could entail.
- To learn the steps you need to take to get your child covered by a 504 Plan.

Lesson Twenty – ADHD - Writing a 504 Plan

- To learn what 504 Plans include.
- To understand the easiest way to set up the 504 to address the concerns.
- To understand what good classroom management includes.
- To learn what classroom management techniques can be used for those “in constant motion ADHD kids”.

Lesson Twenty-One – ADHD - Differentiated instruction

- To understand what differentiated instruction is.
- To learn the 7 step process to differentiated instruction.
- To understand what the assessment of learning encompasses.

Lesson Twenty-Two – Physical exercise turns the brain on and impacts ADHD kids

- To understand how exercise impacts ADHD.
- To learn the brain benefits of exercise.
- To learn which systems of the brain are turned on through exercise.

Lesson Twenty-Three – Helping the student with ADHD in the classroom: Strategies for teachers

- To learn how to accommodate for ADHD student’s short attention spans.
- To gain knowledge of 18 effective strategies to use in the classroom.
- To learn about environmental considerations that will benefit those with ADHD.
- To learn the best ways to give directions to those with ADHD.

Lesson Twenty-Four – Implementing what we know - Part 1

- To learn what to do during downtimes and break times.
- To learn the best kept secret to a productive classroom.
- To learn 9 things your students can do to become more productive.

Lesson Twenty-Five – Implementing what we know - Part 2

- To learn 5 ways to decrease distractibility in the classroom.
- To learn specific strategies for teaching organizational skills.

- To learn 6 ways to stop ADHD students from interrupting the class.
- To learn 12 ways to stop the fidgeting and hyperactivity in the classroom.

Lesson Twenty-Six – ADHD and autism - Cutting edge resources

- To learn 4 methods to address ADHD and Autism.
- To learn how the iPad can benefit your ADHD students.

Lesson Twenty-Seven – Best organizational ADHD iPhone and android apps

- To learn about the 5 best organization apps for helping those with ADHD.
- To learn why scheduling apps are good for those with ADHD.
- To be able to compare the scheduling apps so you will know which one/s will work best for you.

Lesson Twenty-Eight – Apps and tools to assist ADHD students at school and home: Focus, reading, and writing

- To learn the guidelines for choosing apps or gadgets to help your ADHD student.
- To learn what technology is available to help your student with reading and writing and when it is appropriate for them to use it.
- To learn the best way to go from note taking to using technology to assist you in note taking.

Lesson Twenty-Nine – iPhone and iPad apps for ADHD students

- To learn what brain studies say about children using apps and technology.
- To discover what are the best education apps to use.
- To understand which apps improve learning skills.
- To know what children spend more time on when they read from electronic books.

Lesson Thirty – ADHD in a nutshell

- To quickly review the course before taking the final quiz.