

I find it hard to:

Focus & concentrate for long times I'm easily distracted.
Plan & Organise my day & work
Start a task
Stay on task/Complete a task
Hear class instructions
Work in pairs or groups
To stop talking
To write too much
To do Math
To understand everything said to me

To do Assessments/Tests/Exams

Please help me by:

Say my name for attention
Please use a quiet voice
Specific people to work with
I need routine and structure
Clear & specific instructions.
Write/print homework into my planner
Give small writing tasks - use of crib
sheets/task lists or use of technology
Use a visual timer & time guidelines
to complete each task
Give me extra processing time
Repeat instructions
Check I understand