

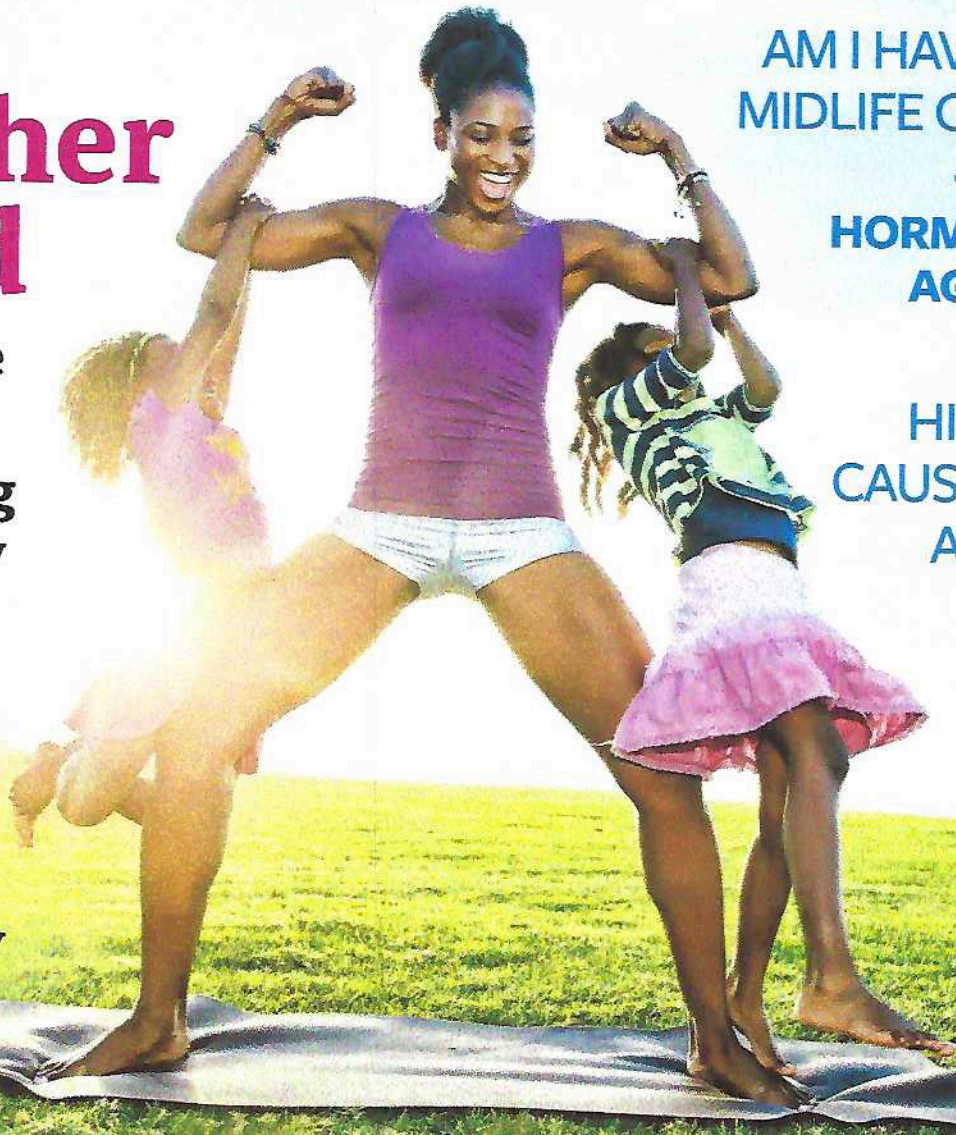


ADDITUDE

Strategies & Support for ADHD and Beyond

The Mother Load

- 7 Self-Care Mantras
- Embracing Big Family Chaos
- Childless by Choice
- ADHD Meds in Pregnancy



AM I HAVING A
MIDLIFE CRISIS?

+HOW
HORMONES
AGITATE
ADHD

HIDDEN
CAUSES OF
ANGER

A GUIDE FOR ADHD DADS

- How to Model Social Skills
- 5 Bond Builders
- Your Short Fuse



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A Senior Year Preparation Guide

Use the less- hectic summer months to help your teen get organized and feel less overwhelmed heading into a new academic year. **BY LESLIE JOSEL**



FOR RISING HIGH SCHOOL seniors, summer provides a short respite before the onslaught of SAT exams, college visits and applications, scholarship research, and rites of passage galore. It's especially important for teens with ADHD to get a head start over the summer so they feel organized and prepared come fall.

Here are some of my favorite tips for incoming 12th graders.

> **Use an academic planner with a grid system.** This format—the days of the week across the top and the subjects vertically down the left side—allows you to see the week in its entirety, which is essential for planning. Include a bottom row for college-related tasks, like plans for writing essays, studying for entrance exams, completing applications, and visiting colleges.

> **Set achievable goals.** Break down

tasks into manageable parts. It's easier to write one paragraph for an essay in one afternoon than it is to complete the entire Common Application.

> **Declutter and discard.** Summer is the perfect time to set up your bedroom, study area, and/or backpack. Sort through old homework, tests, and papers; discard anything you no longer need. Begin making a list of what you will need for the new academic year. Having these zones organized will help you focus.

> **Create checklists to track school applications.** It's easy to get bogged down by college mailers, recommendations, and tour dates. Use a filing system to make everything accessible and visual. Create a file for each school. On the front of the folder, staple a checklist for each college that includes the school name, application due dates, requirements for references, essays, financial aid, etc. Use the

folders to collect brochures, supplements, and other information.

> **Evaluate college visits.** My daughter, a college graduate, offers this advice: Create an evaluation sheet to use as a "brain dump" after each visit. It will help you differentiate what you learned from each information session and campus tour. It also provides space to jot down immediate reactions.

Applying to college is a master class in organizing materials, managing time, and processing information. Many high school seniors, especially those with attention deficits, plus organization and time-management challenges, need support and scaffolding to get through the process.

And finally, don't forget to enjoy your time off this summer as you get ready for your exciting last year of high school. 📖

LESLIE JOSEL is an ADHD coach.