

Attention deficit difficulties - ADD

How to arouse attention

Loss of attention is due to lack of biochemicals in neuro-pathways - momentary 'dis-regulation of the neurological system'. The brain requires a stimulus. Sensory-motor stimulation is most effective and naturally sought

Students can have many methods, but there is a fine line with distraction. For instance an App game becomes a distraction when the desire to win is dominant. Music becomes a distraction if the tune competing with the lecturer, but not if the student is reading silently or doing a solitary manual job such as raking.

Touch

Sensory input via the fingertips is very effective arousal

- Material - choice is very personal
- Doodling can become a distraction if it turns into full figurative art
- The shape and material of pen can assist attention
- Knitting, whilst listening or watching
- Typing to take notes

Movement

Using tummy muscles and/or fighting with gravity aid attention

- Sitting up straight, standing at a desk
- A sitting balance ball
- Walking about
- Tapping - without sound is the challenge
- Chewing gum
- Fiddling with Blutac

Sound

Auditory input is stimulating

- Music when studying
- White noise when attempting to sleep
- Reading out loud to oneself
- Audio tapes that read to you, at the same time as reading the book; of use Whyspersync on a Kindle.

Sight

- Visual cues
- TV!
- Post-its
- Coloured tabs

Smell

- Aromatherapy - e.g. lemon oil
- Marker pens
- Old sweater/blanky

Time

- Break down jobs into short fast bursts to avoid long dull sessions
- Set timer for the sprints - create a race.
- Hand set kitchen timers give a satisfactory tick and bell