

SCHOOL SCHEDULE



INTRODUCTION

Children with ADHD often have a hard time staying focused during school work.

Their mind wanders, they get easily distracted by their environment, and their impulsiveness makes them switch tasks frequently without finishing them.

Additionally, they have difficulty sitting still and may feel restless and fidgety, making it hard for them to concentrate on homework.

This is why I created this "School schedule"

It will help your child organize their thoughts and materials, alleviating confusion and disorganization during homework time, and make it easier for them to concentrate and complete homework assignments efficiently.



HOW TO USE THIS SCHEDULE

Print out the Study schedule and fill it out.

First, circle the day of the week.

Next, write down the school subjects and tasks that need to be done for each subject.

Let your child assess how long each task will take. Once they start, set a timer to measure how much time it actually takes them to complete the task.

Once all the tasks are done, compare the time your child had predicted for each task with the time it actually took them.

If the times vary significantly, let your child reflect on why that is and write down their conclusions.

Print out the schedule every week, and don't throw it away afterwards. Instead, keep it so that you and your child can reflect on how far you've come in the future.

Start using the schedule today and celebrate every small step towards better concentration and school performance. No matter how big or small, every success is worth recognizing and feeling proud of.

Wishing you all the best,

- Marko Juhant



STUDY SCHEDULE

DAY: _____

SUBJECT	TO DO	EST. TIME	ACTUAL TIME
TOTAL TIME (SUM UP EACH COLUMN) :			
<p>FIND OUT IF THERE'S A DIFFERENCE BETWEEN THE ESTIMATED TIME AND ACTUAL TIME SPENT !</p> <p style="text-align: right;">+ <input type="text"/> - <input type="text"/></p>			
WHAT MADE THIS DIFFERENCE?			



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TOTAL TIME (SUM UP EACH COLUMN) :			
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