THRIVE EMERGE

ADHD/ EXECUTIVE DYSFUNCTION:
FACTORS CONTRIBUTING TO NOT GETTING YOUR WORK DONE

HOME SCENARIO

Your kid is not getting started on an independent study assignment. This has been going on for several days. Sometimes they seem unable to settle down and plan out their work and get started. Other times they seem exhausted and with no energy to do anything.

When you offer them "extra time" to complete the assignment, they still can't get the work done. You want to allow them to work as independently as possible, but this approach doesn't seem to be producing the necessary outcomes.

WORKSHOP QUESTIONS

1. Given what you have learned about autism and ADHD, what factors do you think might be contributing to this student's struggles?
2. What do you think is the first most important step in engaging this student in their academics?
3. What are some strategies that might help this student make better progress?
4. List 3 approaches that you would like to try to deal with executive function issues that show up in the Homework Café.

Factors Contributing to Not Getting Work Done

- Can't structure time, tasks
- Too many distractions – people, options
- Poor initiation > procrastination
- Can't recall details of assignment
- Can't find needed papers
- Assignment boring > do something fun
- Can't sit still to do work
- Too much peopling, schooling and sensory all day
- Revving their engine all day long
- Too much masking/ too much faking
- Struggle to keep emotionally even
- Poor sleep/ Hungry/ Sick
- Stress at home
- Conflict with friends
- Anxiety/ Rumination/ intrusive thoughts
- Depressed
- Stoned/ hungover
- Video all night
- Time of year– e.g., 2 weeks before Thanksgiving