



Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder

Stephanie Moulton Sarkis

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In college, independence, fun activities, and new friendships abound. But if you have attention deficit disorder (ADD), these new opportunities also present new challenges. To adjust to college life, you'll need to learn to harness your disorder in new ways in order to plan your time effectively, become a successful student, make friends, and take advantage of everything campus life has to offer.

This easy-to-use guide will help you create study habits that work with your ADD in productive and positive ways. You'll learn how to:

- Set up a class schedule with your ADD in mind
- Get along with roommates and establish a comfortable living situation
- Stay focused, take notes, and study when surrounded by distractions
- Get help at your campus health center when you need it
- Make time for socializing and extracurricular activities

Written by a licensed mental health counselor who has ADD herself, this guide will be a valuable resource through your college years and beyond. Visit the author at her web site: www.stephaniesarkis.com.

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Why? Because this Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder is an unordinary book that the inside of the publication waiting for you to snap it but latter it will distress you with the secret the item inside. Reading this book beside it was fantastic author who also write the book in such amazing way makes the content interior easier to understand, entertaining method but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of gains than the other book include such as help improving your skill and your critical thinking approach. So , still want to hold up having that book? If I were being you I will go to the publication store hurriedly.

Daniel Hartung:

In this age globalization it is important to someone to acquire information. The information will make someone to understand the condition of the world. The health of the world makes the information easier to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You will see that now, a lot of publisher that print many kinds of book. The book that recommended for your requirements is Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder this publication consist a lot of the information on the condition of this world now. That book was represented how can the world has grown up. The terminology styles that writer use to explain it is easy to understand. Typically the writer made some analysis when he makes this book. This is why this book suitable all of you.

Gina Dana:

This Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder is brand-new way for you who has attention to look for some information as it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know otherwise you who still having small amount of digest in reading this Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder can be the light food for you because the information inside that book is easy to get by simply anyone. These books acquire itself in the form which can be reachable by anyone, yes I mean in the e-book form. People who think that in guide form make them feel drowsy even dizzy this reserve is the answer. So you cannot find any in reading a e-book especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book variety for your better life and also knowledge.

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