

ASSIGNMENT ASSISTANT FOR STUDENTS WITH ADHD

This worksheet can help you concentrate as you work on tough assignments, readings, and exam preparation.

Today's assignment:

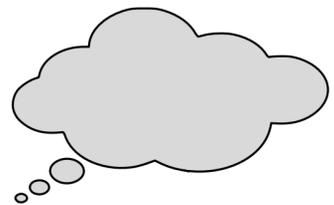


MINDFULNESS MOMENT

Choose one way of being mindful from the list below. Take 5 minutes to focus on the item. If you'd like, you can fill in the bubble next to the sentence.

Today I brought awareness to:

- o Things I'm grateful for
- o The sounds outside
- o An object in the room
- o The way something tastes
- o My breath
- o A picture/pattern I'm coloring/drawing
- o _____



I WONDER WHAT'S NEW WITH...

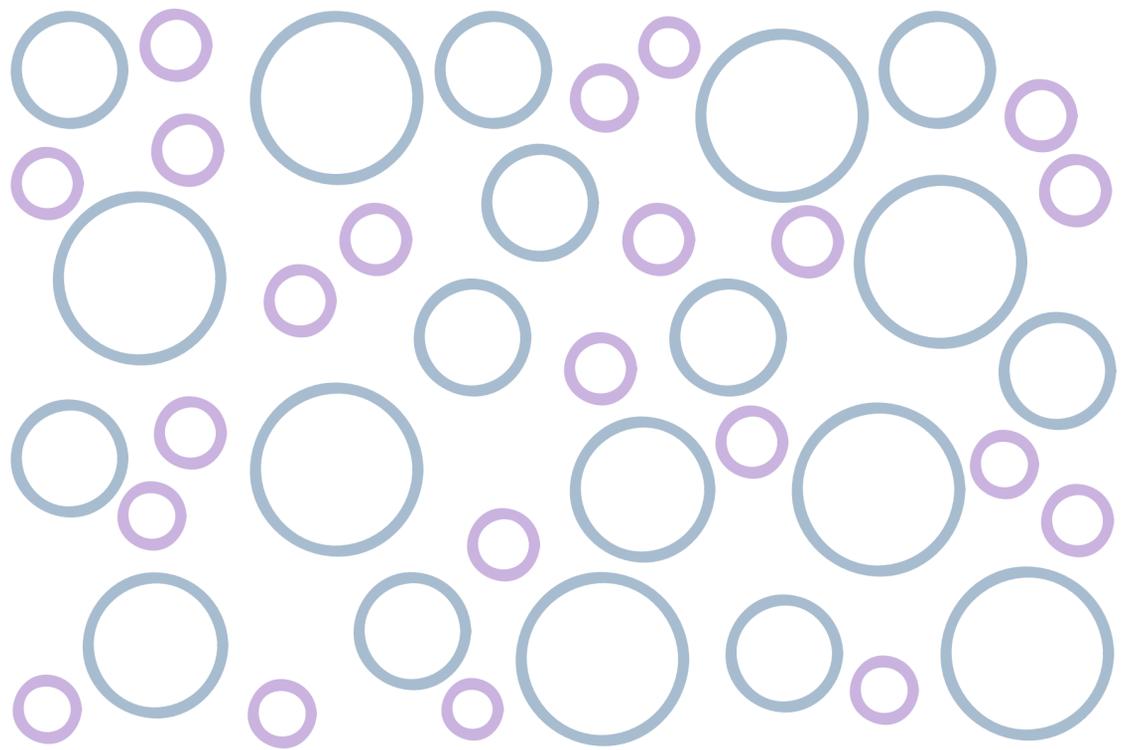
Write down any distracting thoughts as they arise. Having a place to store your unrelated thoughts can help you take your mind off them and come back to them once you've finished your task.

- _____
- _____
- _____



Restorative drawing space

Feeling stuck or tired? Fill out a few bubbles by mindfully coloring them or by using your imagination to create new objects out of them. Doing this will help you recharge your brain before diving back in to work!



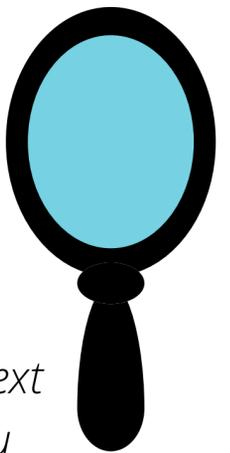
Post-Work Reflection



THINGS/PEOPLE THAT SUPPORTED ME TODAY

What/who helped you today? Were there any strategies or things nearby that helped you complete your task? Reflecting on this can solidify positive habits and build social connections

- _____
- _____
- _____



THINGS TO CHANGE FOR NEXT TIME

What do you want to do differently next time? Reflecting on this can help you learn what helps you, and writing down what you want to change makes you more likely to implement those changes in the future.

- _____
- _____
- _____

For additional information on the association between ADHD and mindfulness, please visit <https://kortschakcenter.usc.edu/adhd-and-mindfulness/>