



# ADHD Success Scorecard from The ADHD Circuit™



Welcome to The ADHD Circuit™!

Hello,

Welcome to the ADHD Circuit™!



I am an ADHD mom of ADHD children, a certified learning specialist, and have been teaching study skills for nearly twenty years. Despite dealing with learning challenges from every angle, my greatest asset is that I struggled through 13 challenging years of school...

**School was a constant battle for me...until I learned study skills in college.**

As soon as I learned how to learn and organize myself, my struggles vanished; I graduated with a 3.9 GPA! I didn't know I had ADHD until I was 36 years old...after I had been teaching study skills for 17 years and had the best-selling study skills book in the world for six years.

**I always thought that study skills “fixed my stupid.”**

Now I understand that they helped me navigate around ADHD. Even as I learned study skills in college, I skipped most strategies and created shortcuts for the rest; I actually felt like I was “cheating.” When I figured out the ADHD Circuit™, I finally understood why that extreme simplicity was critical for my success...and the success of *anyone* with ADHD.

**My ADHD was like a savant gift for simplicity!**

On page 3, you will see *why* simplicity is critical, based on the biology of ADHD. With this understanding, you can make confident decisions about how to manage ADHD challenges, so these challenges can become assets!

**As a busy mom, I have to: keep myself organized, my ADHD children organized, and deal with a lot of homework anxiety!** It's not always easy, but every time I step back and evaluate our situation, I am able to identify one of my own strategies to solve our challenges.

**This ADHD Success Scorecard will help you evaluate your own situation and identify the best strategies for your family.** You will be amazed at how quickly your toughest challenges can be eliminated!

To your success,

Susan Kruger, M.Ed.

**Endorsed by the leading expert in ADHD, Dr. Ned Hallowell!**

*"Susan Kruger is an absolute genius. She's made getting organized simple, which is the only way kids will stick with it, and she's made it fun, which is a minor miracle. She's tremendously innovative, creative, and wise. I can't wait for the world to discover this amazing woman and all she has to offer!"*

~ Ned Hallowell, M.D., Ed.D.





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## Motivation & The Spiral of Success

**Motivation is the #1 question I hear from parents!** You may take the scorecard, look at your Action Plan, and think...

**“This is great, but how can I get *my* child to try this?”**

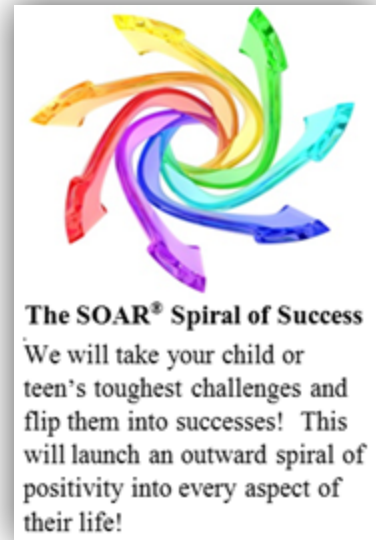
I deal with this issue of motivation in all of my classes, too. Check out the “Section One Action Plan” for details on how I handle this situation. As a parent, however, you hold an extra key to motivating your child...

**Celebrate your child’s strengths!** The importance of recognizing your child’s interests and talents cannot be overstated. Children and teens with ADHD have so many struggles, get so much negative feedback, and are constantly reminded of what they *don’t* do well, that they need a steady source of positive encouragement!

**I talk to a lot of frustrated parents...**

**When I ask them the questions below, they relax; their face lights up with a smile, and their voice lightens with joy!** Before you go any further, take a moment to reflect on those questions. (Share your answers with your child.)

**I want your child or teen to experience the same sense of success, confidence, and motivation that I did.** Start by celebrating strengths and you’ll quickly create your own Spiral of Success!



### *Celebrate Your Child or Teen’s Strengths!*

<i>What does your child enjoy doing? What is he good at? What are his strengths and talents...in and out of school?</i>	
<i>What gives her the greatest sense of pride? What will she stick with, even when she’s frustrated?</i>	
<i>What comes easiest to your child in school?</i>	
<i>In what settings is your child most comfortable?</i>	

**The *Scorecards* on pages 4 & 5 will help you identify your toughest challenges...  
the *Action Plans* on page 6 & 7 will flip them into successes quickly!**



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## What Is The ADHD Circuit™?

The ADHD Circuit™ is a simple model for understanding the biology of ADHD. In fact, the concept occurred to me while trying to answer questions about ADHD from my seven year-old. This perspective will dramatically improve your understanding of ADHD! I hope you find it very valuable for you and your family; It's been tremendously helpful for me and mine!

1.



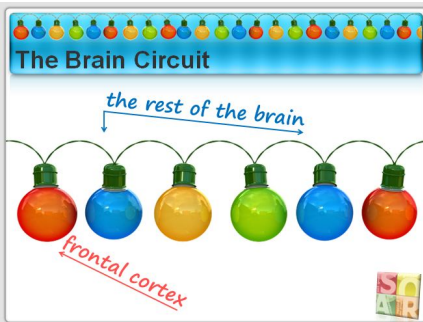
**ADHD originates in the frontal cortex of the brain.** This section processes and organizes all incoming information from our five senses and feelings, then determines how we will respond to that information.

2.



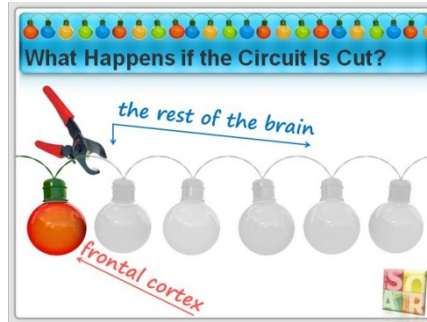
**The frontal cortex communicates with the rest of the brain through electrical wires called neurons.** We have billions of neurons forming connections in our brain, but any one of these connections is really just like this familiar circuit...

3.



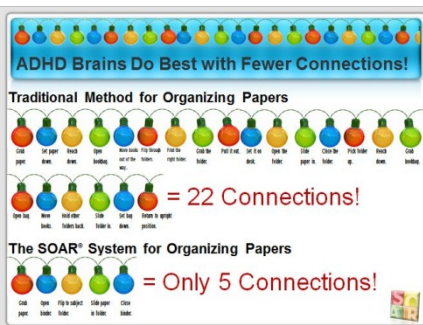
**This string of lights is a simple model for the neuron connections in our brain.** This first bulb is the frontal cortex. It makes decisions, and then sends signals to the rest of the brain. In an ADHD brain, the frontal cortex experiences power outages.

4.



**ADHD is caused by a shortage of brain chemicals in the frontal cortex.** With these chemicals in short supply, the frontal cortex sends weak neuron signals. Some neurons connect, but many never reach their destination... causing the power to go out!

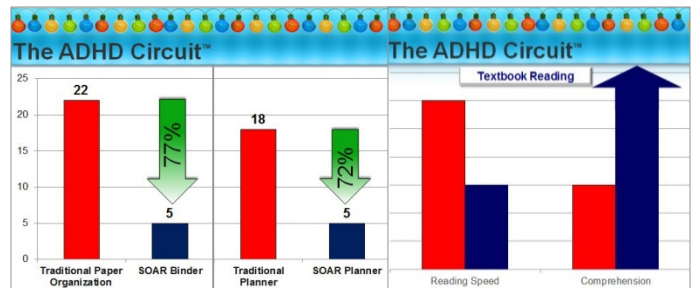
5.



**An ADHD brain does best when it needs fewer neuron connections to complete a task; requiring less power.**

**Traditional methods for organizing papers require 22 connections on the brain circuit.** However...

**The SOAR® System requires only 5 neuron connections to complete a task, making SOAR® ideal for students who struggle with ADHD!**



**Graph 1:** The SOAR® Binder System is 77% more efficient than traditional paper organization systems.

**Graph 2:** The SOAR® Planner System is 72% less strain on the brain circuits, making it 72% more effective for students.

**Graph 3:** Our students report that textbook reading takes 50% of the time, while comprehension more than doubles!



# ADHD Success Scorecard from The ADHD Circuit™



## For Parents

**DIRECTIONS:** Place a ✓ next to each comment that reflects a common challenge for you or your child.  
Total the checkmarks for each box.

### Section One

1.	“He’s just not motivated.”
2.	“He struggles with several school tasks.”
3.	“She does not have a lot of confidence in school.”
4.	“He generally seems down on himself.”
5.	“We often argue over school and homework.”
6.	“He doesn’t understand that school needs to be a priority.”
7.	“Her performance/motivation in her classes often depends on how well she likes the teacher.”
<b>Total</b>	

### Section Two

8.	“Our schedules are crazy! It’s hard to fit in homework.”
9.	“She saves everything for the last minute!”
10.	“I have to ‘nag’ him to get his homework done.”
11.	“I’m tired of always having to be in charge!”
12.	“It takes him longer to do homework than it should.”
13.	“Homework takes a ‘back seat’ to other activities.”
14.	“Mornings are really rushed and chaotic!”
<b>Total</b>	

### Section Three

15.	“School papers never make it home.”
16.	“She often brings the wrong folders and notebooks home for homework.”
17.	“His book bag is a mess!”
18.	“She loses her homework before she even gets home.”
19.	“I saw him do his homework, but his teacher says he did not turn it in.”
20.	“It’s a challenge keeping track of all of the school papers, sports schedules, lunch menus, etc.”
21.	“He spends a lot of his homework time just trying to find supplies to do his homework.”
<b>Total</b>	

### Section Four

22.	“She doesn’t remember what she reads in a textbook.”
23.	“He doesn’t pay attention well in class.”
24.	“She does not know how to take good notes.”
25.	“Writing assignments are really challenging.”
26.	“She does not know how to study for tests.”
27.	“She ‘freezes’ on tests and has a hard time with test anxiety.”
28.	“She’s overwhelmed when she has to study for a final exam, midterm, or major unit test.”
<b>Total</b>	

**SCORING:** If your child has taken the “Student Scorecard,” compile both scores. Begin with the section that has greatest number of checkmarks. Find the correlating Action Plan for each section on pages 6 & 7.





# ADHD Success Scorecard from The ADHD Circuit™



## For Students

**DIRECTIONS:** Place a ✓ next to each comment that describes a common challenge for you.  
Total the checkmarks for each box.

### Section One

1.	"I don't understand the point of school."
2.	"If I don't like a teacher, I find it really hard to be motivated for that class."
3.	"My parent(s) don't 'get' me. They don't appreciate the things I'm interested in."
4.	"I often argue with my parent(s) about school and homework."
5.	"I would not describe myself as a 'confident' person."
6.	"I don't think I have many talents."
7.	"I don't feel smart...especially in school."
<b>Total</b>	

### Section Two

8.	"Homework takes forever! I wish I could get it done in half the time."
9.	"I don't feel motivated to study or finish a project until the last minute."
10.	"My parent(s) nag me too much about homework."
11.	"I often forget about homework assignments and tests; it's really hard to keep track of everything!"
12.	"I have a hard time getting started on homework. It's hard to sit still; I don't know what to do first..."
13.	"I often forget books, notebooks, and folders at school that I need for homework."
14.	"I get frustrated when my parents plan things for me to do without giving me any warning."
<b>Total</b>	

### Section Three

15.	"I sometimes lose homework before I even get home to do it."
16.	"Sometimes, I will do my homework, but lose it before I get back to school. It's really frustrating!"
17.	"My book bag is heavy." "My book bag is a mess."
18.	"I often get to class and realize I've grabbed the wrong folder or notebook from my locker."
19.	"My locker is a mess."
20.	"I have a hard time keeping my room clean."
21.	"When I do homework, I spend a lot of time looking for pens, papers, and other supplies."
<b>Total</b>	

### Section Four

22.	"I would love to be able to get better grades in less time!"
23.	"I struggle to stay awake in my classes."
24.	"I don't know how to take good notes."
25.	"I have a hard time reading textbooks; I take forever to read, but I don't remember anything."
26.	"Research papers totally overwhelm me."
27.	"Studying for tests is tricky, <i>especially</i> final exams! I don't know what to study or how to remember it."
28.	"I have a hard time taking tests; they make me nervous and I always think I should do better."
<b>Total</b>	

**SCORING:** If your parent has taken the "Parent Scorecard," compile both scores. Begin with the section that has greatest number of checkmarks. Find the correlating Action Plan for each section on pages 6 & 7.



## Section One

# Confidence & Motivation

**Motivation is, by far, the most common concern for parents!** They worry that their child is not motivated in school...or motivated to try the strategies in the ADHD School Success Kit.

**I deal with this issue in every study skills class I teach.** 80% of my students are there because a parent is making them attend. So, I acknowledge how they feel and make them a promise they can't refuse.

**I begin by explaining, "I know you are tired of doing homework and slogging through school.** The last thing you want is to take on more work. But, I don't want you to have more work. I want you to do well in school, while creating more time for 'fun stuff.' I promise to show you how get better grades...in less time!" Students always appreciate my honesty...and they love my promise. Of course, I deliver!

**Another important key to motivation is to celebrate your child's strengths!** Students with ADHD are so used to struggling and focusing on what they can't do, that they need a lot of positive input! Priscilla Vail, author of *Smart Kids with School Problems*, says that emotions are the on/off switch to learning!

*"This is more useful and interesting than any other class!"*

– Shane D, 9th Grade

### Action Plan for Section One

1. **SOAR® Learning & Soft Skills App**
  - Lesson 1: *HOW Are You Smart?*
  - Section 5: *Record Your Progress*
2. **Homework Help for Parents audio** (in BONUS edition of App)  
The audio tracks help parents support these strategies at home, without having to be a "nag." Parents and child/teen can also listen together, while in the car or "on the go."
  - *Rediscovering Your Students' Talents:*  
Section 1
  - *Rewarding Progress:*  
Section 6



## Section Two

# Setting Goals & Managing Time

**Having ADHD, myself, I am very aware of how "simple" tasks can take long time to complete.** However, the one thing I know how to do is manage school and homework quickly and efficiently!

**"Managing time" sounds stifling and boring. The truth is, it is very, freeing!** A simple system for managing all of your homework, plans, and responsibilities frees up your mental energy so dramatically, you will literally feel a giant weight lift off your shoulders!

**Teachers agree that students who use a planner consistently earn As & Bs;** if you can keep track of assignments, turn them in on time, and show up for a test with even a small amount of preparation, it's difficult to earn less than a B. Even if you really struggle with a subject, a planner provides the lift you need to pass.

**But, the process for using a planner often requires more bandwidth than it is designed to save.** The ADHD School Success Kit streamlines the steps needed to use a planner by 72%!

**This means, you can become 72% more effective at tracking your assignments and managing your time...and start earning better grades in less time!**

*"I was getting C's and D's. Now I am getting A's and B's! I learned how to be organized and how to study...it has made such a difference!"* – Katie H, 11th Grade

### Action Plan for Section Two

1. **SOAR® Learning & Soft Skills App**, Section 2
  - Lesson 2: *Establish Your Priorities*
  - Lesson 3: *Identify Your Goals*
  - Lesson 4: *Establish Your Priorities*
2. **Homework Help for Parents audio** (in BONUS edition of App)  
The audio tracks help parents support these strategies at home, without having to be a "nag." Parents and child/teen can also listen together, while in the car or "on the go."
  - *Time Management for Families:* Section 3



## Section Three

# Organizing

Imagine how much *less* stress you would feel if you could get your homework home and back to school without any trouble or effort?

Imagine how much time you would save if you didn't have to search for your homework every evening?

Traditional methods for organizing actually *cause* the problem.

Teachers have good intentions when they ask you to have a separate folder and notebook for each class.

**The problem is, that adds up to 12-18 different folders and notebooks!** This is entirely too much "stuff" to manage. It is the equivalent of adults having 12-18 different email inboxes to keep track of every day! (Adults don't even have to move their email inboxes to several different places every day: to school, the locker, several classes, back home...)

The SOAR<sup>®</sup> Binder System (for 5<sup>th</sup> grade+) and Folder System (for elementary) streamline papers and notebooks into **ONE** item. The right supplies *and* system will transform this process for you!

**Don't worry!** We address how to handle your new system with teachers. Also, your friends are going to see how simple and easy it is for you to use your binder, they will want to use one, too!

*"I can't believe how much easier it is for me to keep my papers organized. Since I started using the Binder, I have not lost one assignment! My parents are so excited and I feel so much better about school. Thank you!"* – Michael Z, 9<sup>th</sup> Grade

### Action Plan for Section Three

1. [SOAR<sup>®</sup> Learning & Soft Skills App](#), Section 3
  - Lesson 5: *Organize Your Papers*
  - Lesson 6: *Organize Your Space*
  - Lesson 7: *Organize Your Time*
2. [Homework Help for Parents audio](#) (in BONUS edition of App)  
The audio tracks help parents support these strategies at home, without having to be a "nag." Parents and child/teen can also listen together, while in the car or "on the go."
  - *Organize*: Section 4



## Section Four

# Asking Questions & Learning

"Connections" are the **lifblood of learning**; everything you have learned, you have learned by connecting new information to something you already understand.

**When you make these connections, you actually change the grey matter in your brain** as your neurons make new connections and forge new pathways.

**When you learn how to harness the power of making connections for learning, you will change your life!** Your study time will go from: long, dreadful, unproductive, and painful hours, to fast, interesting, effective, and *almost* enjoyable minutes!

**The quickest and most consistent way to make connections is through the process of asking questions.** The strategies in the SOAR<sup>®</sup> will illustrate how to use questions to:

1. Communicate with teachers & peers,
2. Read textbooks quickly and with great comprehension,
3. Write research papers & give presentation,
4. Take notes,
5. Prepare for tests, and
6. Taking tests.

*"I used to get really nervous taking tests. But, once I learned how to get control over what to learn before a test and what to do on a test, I am so much more confident!"* – Sachi I, 11<sup>th</sup> Grade

### Action Plan for Section Four

1. [SOAR<sup>®</sup> Learning & Soft Skills App](#), Section 4
  - Lesson 8: *How to Speak & Listen Effectively*
  - Lesson 9: *How to Work With Teachers & Peers*
  - Lesson 10: *How to Read Textbooks & Nonfiction*
  - Lesson 11: *How to Take & Study Notes*
  - Lesson 12: *How to Take Tests*
  - Lesson 13: *How to Write Papers*
  - Lesson 14: *How to Give a Presentation*
  - Lesson 15: *How to Use Language Resources*
2. [Homework Help for Parents audio](#) (in BONUS edition of App)  
The audio tracks help parents support these strategies at home, without having to be a "nag." Parents and child/teen can also listen together, while in the car or "on the go."
  - *Ask Questions*: Section 5



## ADHD Success Scorecard from The ADHD Circuit™



### The SOAR® Learning & Soft Skills App = Simplicity!

The app covers the entire *SOAR® Learning & Soft Skills* workbook, presented as a self-guided course. The SOAR® strategies are optimized for efficiency making them ideal for students with ADHD.



### The Online App Includes:

- Interactive content/games, providing immediate feedback (essential for ADHD)
- “How-to” videos, illustrating strategies
- Fully narrated slides, for reading support
- Quizzes/assessments, to ensure understanding of material
- Badges & certificates awarded for achievements (great source of motivation)
- Easy access from any computer or mobile device

The SOAR® App is appropriate for students in:

**middle school • high school**

To order, or for more information, visit:

**[www.StudySkills.com/app](http://www.StudySkills.com/app)**