



## Tips on Speaking with an Adolescent About Their Functioning Part 1

### Where are They Tripping Up in Their School Work?

Start by setting up a typical class scenario in their mind. (A teacher teaching a lesson and then giving a class assignment) Use the CADDAC [High School](#) and [EF Charts](#) to help guide you.

**Encouraging Your Teen to Share:** Let your teen express their thoughts and concerns freely even if it takes them a while to format their thoughts and thoughts seem disjointed. Use active listening (repeat back to them what you think they have said) but do not correct or judge what they are saying. Then mine for more information with added questions and prompts, or if they are reluctant offer suggestions that they can agree or disagree with.

### ADHD Symptom and Executive Functioning Impairment

Here are some sample questions to use.

- Were you able to focus on what the teacher was saying? Did it take a while before you were able to focus and were you able to stay focused?
- Did you feel that you understood what the teacher was saying? Did he/she go too fast or too slow?
- Were you able to take notes? If not, why not?
- Did you have time to ask questions or make sure that you understood what was taught?
- Did you understand all or just part of the instructions? Why do you think you might have missed some of the information?
- Were you,
  - bored or unable to pay attention due to a distractions,
  - lost after the first couple of points,
  - confused about the steps and different parts of the assignment, or
  - unable to recognize what was the most important thing?

- Were you overwhelmed and unable to break down a large assignment?
- Were they unable to get started (not knowing where to start)?
- Were you unable to stay focused until the work was completed? (tired or distracted)
- Did you know what the finished product was supposed to look like?
- Are you able to write down your assignments in a way that you'll understand what to do?  
Do you remember what to bring home? Would a homework buddy help?
- What do you think might help you? Offer suggested accommodations from the charts.

**©CADDAC 2021**