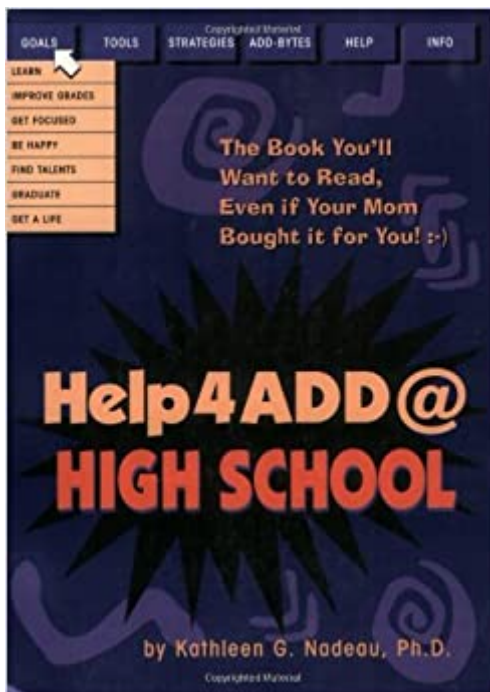


The book was found

# Help4ADD@High School



## Synopsis

Finally! A book that teens with AD/HD will want to read. Designed as a web site that teens can surf, Help4ADD@High School is an AD/HD-friendly, on-target book that provides straight talk on high school, drugs, sex, friends, driving, parents, college and much, much more from an AD/HD perspective. Colorful, appealing, and illustrated by a 16-year-old cartoonist, teens will read it, even if their moms bought it for them!

## Book Information

Paperback: 117 pages

Publisher: Advantage Books (June 1, 1998)

Language: English

ISBN-10: 0966036611

ISBN-13: 978-0966036619

Product Dimensions: 7.1 x 0.4 x 10.1 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.1 out of 5 stars 10 customer reviews

Best Sellers Rank: #1,140,429 in Books (See Top 100 in Books) #50 in Books > Teens > Social Issues > Special Needs #102 in Books > Teens > Education & Reference > School & Education #224 in Books > Health, Fitness & Dieting > Children's Health > Learning Disorders

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Nationally recognized authority on ADD, Kathleen Nadeau, Ph.D., is a psychologist who specializes in treating teens and adults. She is the author of A College Survival Guide for Students with Add and LD, and is at work on her next book, Ready, Set, Go! - Making a Successful Transition to Independent Living for Young Adults with ADD. These books, along with Help4ADD@HighSchool, can help teens through the challenging years of high school, college and young adulthood. Dr. Nadeau maintains a private practice in suburban Maryland, near Washington, D.C. High School feels like a constant hassle. My parents are always bugging me about grades. Everyone says, "You're so bright, you just need to try harder." I can never get myself to study unless there's a test tomorrow. Even when I do my homework, half the time I forget to turn it in. Sometimes I wonder if I can really handle college. I'm sick of hearing about ADD. I just want to be a normal teenager. Even when I try to read my assignments, my mind wanders. I feel exhausted most of the time, so how am

I supposed to pay attention: If these sound like comments that you might make, if you are a teenager with Attention Deficit Disorder, this book was written with you in mind. Designed like a web site that you can "surf," its short, easy-to-read, information-packed sections will tell you what you need to know about how to get your life together - for yourself, not for your parents and your teachers. You don't have to read the whole book to find the information you want. Just check out the "home page" and turn to the topics you're interested in. This book can help make your High School years a time that you can feel good about, instead of one long struggle. Help4ADD@HighSchool includes tips on how to study smarter, not harder; information about your rights in school, and the ways that your high school can help you succeed; tips on getting along better at home; on dating; sex; getting enough sleep, the importance of exercise; and much more. It's a survival guide for high school students with ADD! This is the book you'll want to read, even if your mom bought it for you!

Kathleen G. Nadeau, Ph.D. is one of the best known and most highly respected names in the field of ADD. She is the author of numerous books on ADD, for children, teens and adults, and is a frequent lecturer on many ADD-related topics. She serves on the professional advisory boards of both ADDA and CHADD, the two major ADD advocacy groups in the United States, as well as the Professional Advisory Boards of the National Center for LD and the Law and HEATH Resource Center, a national advocacy center for disabilities in post-secondary education. Dr. Nadeau is the co-editor of ADDvance, A Magazine for Women with ADD, a ground-breaking publication that focuses on issues of women and girls with ADD. Dr. Nadeau's books are known for being practical, down-to-earth, and highly useful guides to leading a successful life as an individual with ADD.

This book takes a very down to earth look at life as and with an ADD teen. It starts with an easy diagnostic test to see if your child is likely to be ADD in case you're just wondering about it - which you are since you're reading this. The book is written in a way that might even be engaging enough for your teen to actually read! At the very least, if you read it (it takes about 45 minutes to read cover to cover), you'll be less frustrated by the challenges of guiding your child... which is worth every penny this book will cost you.

For its format alone, this is a must-buy for teachers and the administrators who work with them! As a middle school AP, I've visited far too many classrooms where teachers try to keep students' attention nailed to dreary handwritten overheads in black marker no less. Yawn. Every page of this book demonstrates what good overheads should look like (minus the color I'd like to see)while the

text explains WHY this is imperative for ADHD students. GET IT! I love it. I ordered two more for my school.

I found this book to be dry. The following books are better choices: Grades 6-8 Jill Lauren-That's Me! Stories About Amazing People with Learning Differences (LD, attention difficulties, speech impairments), Succeeding with LD: Learning Differences (2nd edition) Journal of an ADHD Kid: The Good, The Bad, and The Useful, Tobias and Dawn Stumpf 6-12 ADHD and Me: What I Learned from Lighting Fires at the Dinner Table, Blake Taylor ADHD in HD: Brains Gone Wild, Jonathan Chesner A Bird's-Eye View of Life with ADD and ADHD, Chris Zeigler Dendy Positively ADD: Real Success Stories to Inspire Your Dreams, Catherine Corman 9-12 Understand Your Brain, Get More Done: The ADHD Executive Functions Workbook, Ari Tuckman

I have a child with AD/HD and life had/has a lot of challenges. Anything I could/can read for tips is very helpful.

I was looking for a book how to deal with teachers that are uneducated about ADD, my son has it and they just want to classify him as mentally retarded. I need more info. This book is more for the child than a parent

I recently read Help for ADD at High School by Kathleen Nadeau. There were many pieces of advice that were new to me and other things that my parents and tutors had taught me before. The advice that I had heard before, I have used during my years in high school. These simple tips are how I survived and passed every single one of my classes. I could tell that when Dr. Nadeau wrote this book, she understood the people who would be reading it. Usually when I read information books, I get bored and distracted easily. This probably has a lot to do with my ADD. Dr. Nadeau remembered that the reader of this book, like myself, probably has ADD. In writing the book, she made a special effort to make sure I didn't lose interest. The content of the book helps students to understand their obstacles and teaches them how to overcome them. I would recommend this book to any high schooler who has ADD, it will truly help you through your difficulties.

As a school psychologist, I am always searching for excellent materials to share with students, parents and teachers. Help4ADD@High School addresses this important need. The font is easy to

read and the format is organized and clear so that students with learning and attentional problems are engaged immediately. Issues relating to study skills, homework, social problems and medication are discussed so that students understand how to self advocate and make intelligent choices for the future. I strongly recommend this book for students, teachers, psychologists, educational therapists, administrators, and parents.

This book was very helpful to both me and my teen. The information is presented in a very clear, teen-friendly and organized manner that's easy to read. It made me aware of what issues I should be discussing with my teen with ADD and gave me suggestions I can make that are helpful. This book also gave my teen insight into typical struggles and solutions that he's dealing with as a result of living with ADD. From basic information about how to know if you have ADD to social and school issues, this book covers all areas of concern in a user-friendly, straightforward and practical manner.

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Pounds! Low Carb: Low Carb High Fat Diet - How to Lose 7 Pounds in 7 Days with Low Carb and High Protein Diet Without Starving! (low carbohydrate, high protein, ... carb cookbook, ketogenic diet, paleo diet) Foods High in Fiber Cookbook: List of High Fiber Foods for a Healthy Lifestyle - Recipes for High Fiber Foods CHEAT SHEET SIMPLY for USA FOODS: CARBOHYDRATE, GLYCEMIC INDEX, GLYCEMIC LOAD FOODS Listed from LOW to HIGH + High FIBER FOODS Listed from HIGH TO LOW with OVER 375 foods BORN IN THE USA 500 High Fiber Recipes: Fight Diabetes, High Cholesterol, High Blood Pressure, and Irritable Bowel Syndrome with Delicious M The Edensville High Series: Eve: High School doesn't last forever but the choices we make can... Geometry, Grades 9-12: Mcdougal Littell High School Math (McDougal Littell High Geometry)

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