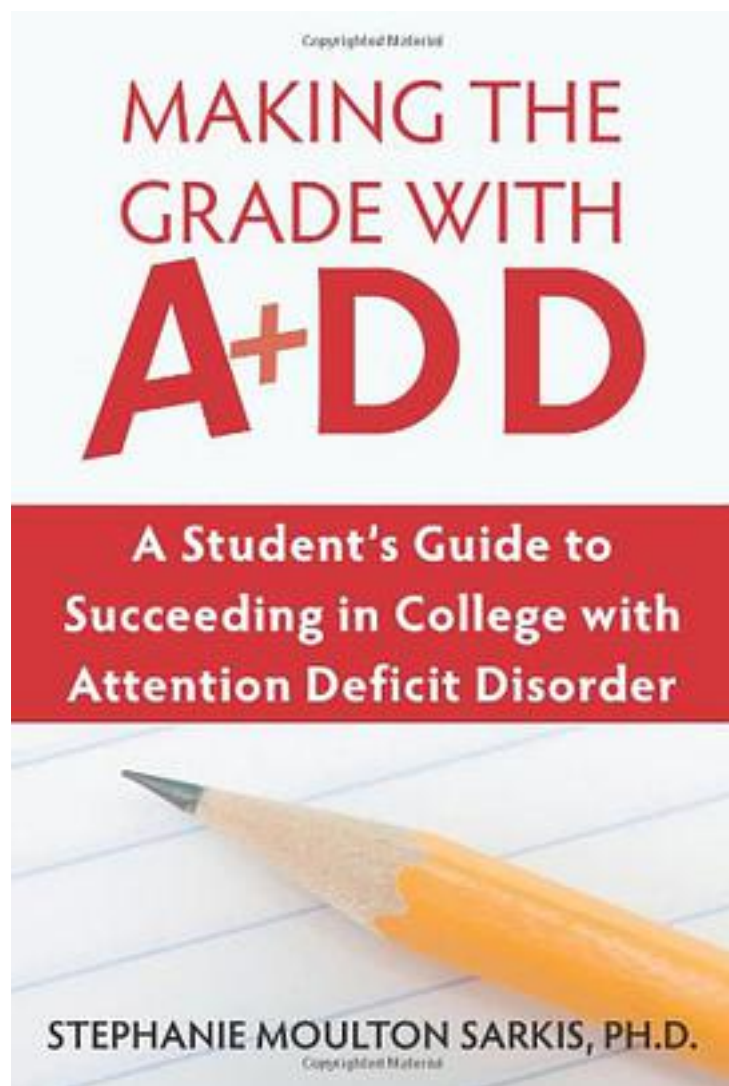# Making the Grade with ADD

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Making it through three or four years of undergraduate study is a challenge. It's even more so for people with attention deficit disorder, or ADD. Keeping track of schedules and deadlines, concentrating on lessons, and completing tasks are all hard-learned skills for people with this condition. Because of these difficulties, students with ADD are more likely to drop out of school or spend extra, costly years pursuing their degrees. This book offers young adults with ADD a comprehensive guide to getting the most out of college life. The simple, easy-to-follow chapters in this book will help readers handle common academic issues such as setting schedules, studying, and mastering note- and test-taking. Social issues like establishing a living situation, organizing a dorm room or flat, and making time for socializing are covered. Readers will get tips for developing a healthy lifestyle, participating in extra-curricular activities, planning for the years after college, and more.

作者介绍:

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