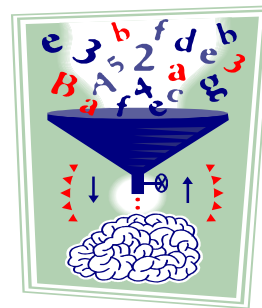


Course Outline
Strategies for Success for Attention Deficit Disorder
Learning Skills 306



I. BASIC INFORMATION

Instructor: Kathleen Rozman
Office Location: 115-G (Student Services Building)
Telephone: 645-1350 or 646-4070
E-mail: krozman@mpc.edu
Office Hours: T/Th: 10:20-10:50 a.m., Fri: 10:00-10:50 a.m.; 11:00 a.m.-12 noon
Class Time: M/W: 10:00-10:50 a.m.
Room: HSS102
Units: 2 units (This class is offered on a pass/no pass basis.)

TEXT: There is no textbook required for the class, however, much of the material and the basic structure for the class is taken from the book, **The Disorganized Mind**, by Nancy Ratey.

MATERIALS: Three ring binder and binder dividers
Day planner/organizer
Highlighters
Bottled water for each class

II. RATIONALE FOR THE COURSE

This course will allow students with attention deficits and/or learning disabilities to receive instruction and direction in developing and applying compensatory strategies for attention, concentration and organization problems. The class will assist students in developing skills necessary to prepare them for and support them in mainstream classes, successful employment and enhanced relationships.

III. STUDENT LEARNING OUTCOMES

Upon satisfactory completion of this course students will be able to:

1. demonstrate an increased awareness and knowledge about attention deficits, learning disabilities and individual learning profiles.
2. identify and access appropriate campus and community resources and supports.
3. assess their individual needs and apply effective strategies to address those needs.

IV. COURSE CONTENT

(Note: This list of topics and the timeline may be modified, based upon the needs and desires of the students in the course. In addition, guest speakers will be scheduled throughout the semester.)

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|-------------|--|
| Week One: | Introductions/Course Requirements <ul style="list-style-type: none">• Questionnaires• Individual Appointments |
| Week Two: | Overview of Adult ADD <ul style="list-style-type: none">• Definition and Causes• Diagnosis and Treatment• Common Myths |
| Week Three: | Finding the ANSWER <ul style="list-style-type: none">• Acknowledge: self-evaluation• Information Processing Model• Learning Styles/Preferences |
| Week Four: | Finding the ANSWER <ul style="list-style-type: none">• Narrow the Focus: selecting specific challenges to address• Strategy: Affirmations |
| Week Five: | Finding the ANSWER <ul style="list-style-type: none">• Strategize: creating a plan• Software Tools• Strategy: Organization |
| Week Six: | Finding the ANSWER <ul style="list-style-type: none">• Strategize: creating a plan• Software Tools/ Strategies• Strategy: Time Management |
| Week Seven: | Finding the ANSWER <ul style="list-style-type: none">• Work: taking action• Environmental adaptations• Strategy: Nutrition |
| Week Eight: | Finding the ANSWER <ul style="list-style-type: none">• Work: taking action• Strategy: Distractibility |
| Week Nine: | Finding the ANSWER <ul style="list-style-type: none">• Midterm Check-in |

Week Ten:	Finding the ANSWER <ul style="list-style-type: none"> • Evaluate: evaluate the plan • Strategy: Procrastination
Week Eleven:	Finding the ANSWER <ul style="list-style-type: none"> • Repeat and Reinforce • Strategy: Impulsivity
Week Twelve:	Finding the ANSWER <ul style="list-style-type: none"> • Repeat and Reinforce
Week Thirteen:	Final Project Discussion
Week Fourteen:	TBA
Week Fifteen:	Final Project Presentations
Week Sixteen:	Final Project Presentations

V. INSTRUCTIONAL METHODS

Lecture and discussion, teamed learning for problem-solving, application of techniques to outside coursework and job situations, use of the Internet, computer software, guest speakers.

VI. PERFORMANCE EVALUATION

Credit for the course will be given if the student makes measurable progress on his/her objectives for the course and the assignments given **and** if attendance is regular. Midterm projects and final projects are required in lieu of exams.

VII. ATTENDANCE

Regular attendance is mandatory. Students are allowed **no more than four** absences per semester. The student should contact the instructor by phone (645-1350) or leave a message if he/she will not be in class **more than one consecutive day**.

Students are expected to be punctual. A student who is 20 minutes or more late to class without prior arrangement with the instructor will be counted as absent. Classes start on the hour.

VIII. CLASSROOM BEHAVIOR/EXPECTATIONS

When possible, please be seated, with your class materials and homework on your work area, ready to work when the class begins **on the hour**.

Keep voices low while waiting for class to begin, especially while in the hallway where other classes are in session.

Please leave your work area neat—straighten your keyboard and mouse, push in your chair, brush erasures to the floor, leave your computer on unless instructed otherwise.

NO FOOD is allowed in the classroom. Bottled water is acceptable and encouraged during class.

Cell phones are to be **OFF** during class. If you must leave a cell phone on for the purpose of children or emergencies, please turn it to vibrate and leave the classroom if it is necessary to answer the call. Violation of this rule will result in the student being asked to leave the class for the day and he/she will be marked absent for that class period.

DO NOT DOWNLOAD games, programs, or music to the lab computers as this can contaminate the hard drive and cause a lot of work and inconvenience for others.

Missed class work **must** be made up by arrangement with the instructor.