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**Publishing:**  
*Nix Your Tics! Eliminate Unwanted Tic Symptoms:  
A How-To Guide for Young People*

# MATH, ADHD STYLE!!

CAN'T STOP ME NOW!!

LIVE IT, LOVE IT!

## *“So, I look at the problem....”*

\*don't let yourself start on the problem until you have looked at it for awhile, and done the following:

- read the problem more than once!
- highlight the important stuff (operations to be performed, important details, different steps, whatever!!)
- visualize the problem (draw it, add appropriate numbers to diagram, think of a real-life situation where you would need to do this — use your judgement!!)
- look for familiar patterns (“oh! This is just like that OTHER problem....”!

\*Make a STRATEGY, or PLAN OF ATTACK:

-“do I recognize what this problem wants me to do”?

**YES!!** — break the question up into the steps that you need to do: write them down if there are many.

**NO!!** — figure out what DIFFERENT things you could do with the information that you have — decide if any of them seem to make sense given what the problem is asking.

-try and think of more than one way to do or start the problem; maybe you'll realize the FIRST way you thought of wasn't the BEST way!!

## *“Ok, so I'm gonna start this thing....”*

\*“I'm gonna make sure I've copied the question down CORRECTLY so that I don't make any silly mistakes!!”

\*“I'm gonna give myself LOTS of space, so that I can have a ROUGH WORK AREA but also a NEAT and CLEAR SOLUTION AREA!!”

\*“I know that I screw up if I do too many steps quickly in my head, so I'm gonna WRITE EACH STEP DOWN, and do it AS IF I'M TEACHING or EXPLAINING IT to SOMEONE ELSE!!”

\*“Even if at this point I don't know EXACTLY what I'm doing, THAT'S OK!! Each STEP that I do correctly is getting me closer, and if I DON'T GET FRUSTRATED a lightbulb could go off at any time!!”

\*“After each step I know I've done correctly I will CONGRATULATE myself somehow for getting that far!!”.

\*“When I'm ALL DONE a question, I'll feel REALLY GOOD because I didn't let the ADHD beat me — I'M IN CONTROL!!!!!!!!!!!!!! :)”