

Teaching Metacognitive Knowledge and Promoting Effective Study Strategies with the ADHD Child

Theorists and researchers have identified a number of practices that appear to promote the development of metacognitive knowledge. How might the school psychologist use knowledge of these practices to help the child with ADHD to be more successful in a science class?

1. Students learn strategies more effectively when they are taught within the context of the specific subject domain.

2. Students can only use sophisticated learning strategies when they have a knowledge base to which they can relate new material.

3. Student should learn a wide variety of strategies, as well as the situations in which each one is appropriate.

4. Effective strategies should be practiced with a variety of tasks on an ongoing basis.

5. Teachers can model effective strategies by thinking out loud about new material,

6. Teachers should scaffold students' initial attempts at using new strategies, gradually phasing out the scaffolding as students become more proficient.

7. Students can often learn effective strategies by working cooperatively with their classmates.

8. Students must understand why the skills they are taught are helpful.

9. Students must believe that with sufficient effort and appropriate strategies, they can learn and understand challenging material.
