



## Course Assignment Log

Using an organized system of reminders and checklists can help you keep up-to-date with your course assignments for the week. The Course Assignment Log allows you to remember not just your assignments for each day, but also the materials required to complete them, their due dates, and checkboxes to indicate whether they have been turned in. Most professors will give you a syllabus at the beginning of the semester/trimester/quarter, which will include all reading assignments, papers, and exams. Gather all your syllabi and use this Course Assignment Log to plan out each week to keep yourself on track.

### WHO SHOULD USE THIS TOOL?

Students should use this Course Assignment Log daily.

### HOW SHOULD IT BE USED?

Update the Course Assignment Log each week as you plan to keep track of the assignments laid out in the syllabi. Make sure you indicate what materials are needed to complete the assignment. Every day, verify that you have finished the day's assignments.

Long-term projects are often divided into smaller, more manageable steps. These tasks can also be tracked using the Course Assignment Log.

## Course Assignment Log

<b>Name:</b>					
<b>For the week of:</b>					
	<b>Description</b>	<b>Course:</b>	<b>Books/Materials needed:</b>	<b>Due date:</b>	<b>Turned In:</b>
<b>Assignment:</b>					



## Medical Appointment Organizer

It is important to make the most of your visits with your doctor or campus health professional (i.e. student health services nurse, college psychiatrist, etc.). This tool will help you optimize these visits and give you the opportunity to capture information provided by the doctor's office. It will also allow you to present your questions or concerns to the doctor or health professional.

### WHO SHOULD USE THIS TOOL?

Students should use the Medical Appointment Organizers in preparation for an appointment. It is also very useful to capture notes during the appointment.

### HOW SHOULD IT BE USED?

Print two separate copies of the Medical Appointment Organizer **BEFORE** your medical visit. Independently complete your own copy of the organizer. We encourage you to come up with questions to ask your doctor.

During the visit, use the organizer to guide your discussion and to take notes. If the doctor makes any changes to your medication regimen, be sure to make detailed notes. Make sure you fully understand how to take the medication. Before the visit ends, make sure that all of your questions or concerns have been addressed.

Keep the Medical Appointment Organizers in a safe place so that you can refer back to it if needed.

## Medical Appointment Organizer

Name	Date of Visit	Doctor's Name

Changes since last visit:	Less	Same	More	N/A
Feels restless/fidgets				
Difficulty paying attention in class				
Makes careless mistakes on assignments				
Difficulty sleeping				
Other:				

Questions to ask during today's visit:	Notes
1.	
2.	
3.	
4.	

Changes to Medication Regimen?			
Medication	Dose	Take at	Notes

Follow Up Visit	
Date:	Time:



## Medication Log

If you take medication for ADHD, it can be useful to keep a day-to-day record of the impact of the medication. This information can be extremely useful to your doctor or health professional - especially if you have just started taking medication, or if there has been a change in your current medication regimen. A medication log can help your doctor or health professional see whether or not the medication is having its intended impact.

### WHO SHOULD USE THIS TOOL?

Students should use the Medication Log daily. You are responsible for updating the Medication Log each day and keeping it in a safe place.

### HOW SHOULD IT BE USED?

Update the medication log each day of the week.

The bottom half of the tool is to be completed at the end of each week. It asks you to evaluate your level of different ADHD symptoms experienced through the course of the entire week.

Present the completed medication logs to your doctor or health professional. The doctor or health professional who prescribes the medication will be able to get a better idea of how effective a medication has been for you.

<b>Medication Log</b>							
<b>Medication &amp; Dosage:</b>	<b>Week of: _____</b>						
	<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
At what time(s) did you take your medication?							
Did you eat before or after you took your medication?	Yes, before Yes, after No						
When did you notice the effects of the medication?	Immediately It took a while Never						
How long did the effects of the medication last?							

<b>How did you feel this week?</b>								
<b>I was able to focus and pay attention</b>	Less	Same	More	<b>I lost or misplaced things</b>	Less	Same	More	
<b>I completed my assignments</b>	Less	Same	More	<b>It was hard for me to work quietly</b>	Less	Same	More	
<b>I was able to stay neat and organized</b>	Less	Same	More	<b>I felt like my mind was "sped up"</b>	Less	Same	More	
<b>I was able to sit still in class</b>	Less	Same	More	<b>I moved/fidgeted my hands or feet a lot</b>	Less	Same	More	
<b>I waited for my turn without interrupting</b>	Less	Same	More	<b>I felt nervous</b>	Less	Same	More	



## Transitioning from High School to College

This tool serves as a handy timeline and checklist to keep track of the things you can prepare for to have a smooth transition into college.

### **WHO SHOULD USE THIS TOOL?**

This tool is meant to be used by high school students who will be entering college.

### **HOW SHOULD IT BE USED?**

This tool is a general timeline showing the end of your last year of high school, summer break, and the first few weeks of college. The timeline is marked throughout with general suggestions on when to take certain steps that can help you manage your ADHD as it relates to school. Some of these steps include learning about campus health resources and locating the college's Office of Disabilities.

# Transitioning from High School to College

