

acknowledgments	ix
introduction for students	xiii
introduction for parents	xvii
introduction for educators	xxi
guidelines for students with ADD/ADHD	xxiii
section 1 ■ How are you smart?	1
chapter 1 ◦ <i>How are you smart?</i>	2
section 2 ■ Set goals	11
chapter 2 ◦ Establish Your Priorities	14
chapter 3 ◦ Identify Your Goals	20
chapter 4 ◦ Schedule Time to Take Action	25
section 3 ■ Organize	37
chapter 5 ◦ Organize Your Papers	40
chapter 6 ◦ Organize Your Space	47
chapter 7 ◦ Organize Your Time	54
section 4 ■ Ask questions	59
a strategy for:	
chapter 8 ◦ Interacting with Teachers	62
chapter 9 ◦ Reading Text Books	67
chapter 10 ◦ Writing Papers	71
chapter 11 ◦ Taking & Studying Notes	83
chapter 12 ◦ Taking Tests	92
section 5 ■ Record your progress	103
chapter 13 ◦ Tracking Your Grades	106
chapter 14 ◦ Monitoring Your Goals	110
chapter 15 ◦ Recognizing Your Achievements	114
appendix	117