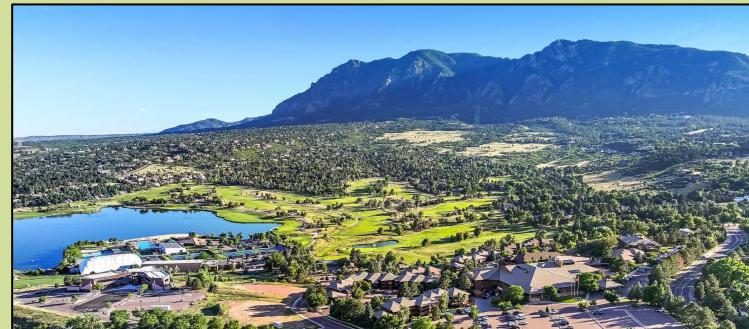


# Educating Ourselves and Others

Strategies from LEAD  
Students



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# Mission Statement

We are high school students who have adopted a mission to educate ourselves and others with respect to dealing with the social, academic, and emotional aspects of learning disabilities.



# What is LEAD?

- LEAD is a class where students can learn about their disabilities and other students' disabilities.
- Helps us to better vocalize our needs to teachers and gives us the tools we need to become better advocates for ourselves and others.



# Teacher's experience

- Empowering for students
- Deeper engagement and understanding
- Growth through discussion
- Mentoring elementary students
- Relationships & Group Counseling



# Learning Disability Definition

Colorado Department of  
Education

A disorder in one or more of the basic psychological processes involved in understanding or in using language spoken or written, that they may manifest itself in the imperfect ability to listen, think, speak, read, write, spell or do mathematical calculations, including perceptual disabilities, brain injury, minimal brain dysfunction, dyslexia and developmental aphasia.

## **LEAD's definition of a learning disability**

**LEAD**

A student with average to above average intelligence, with a significant difference between what they know and what they are able to show or do



**LEAD**



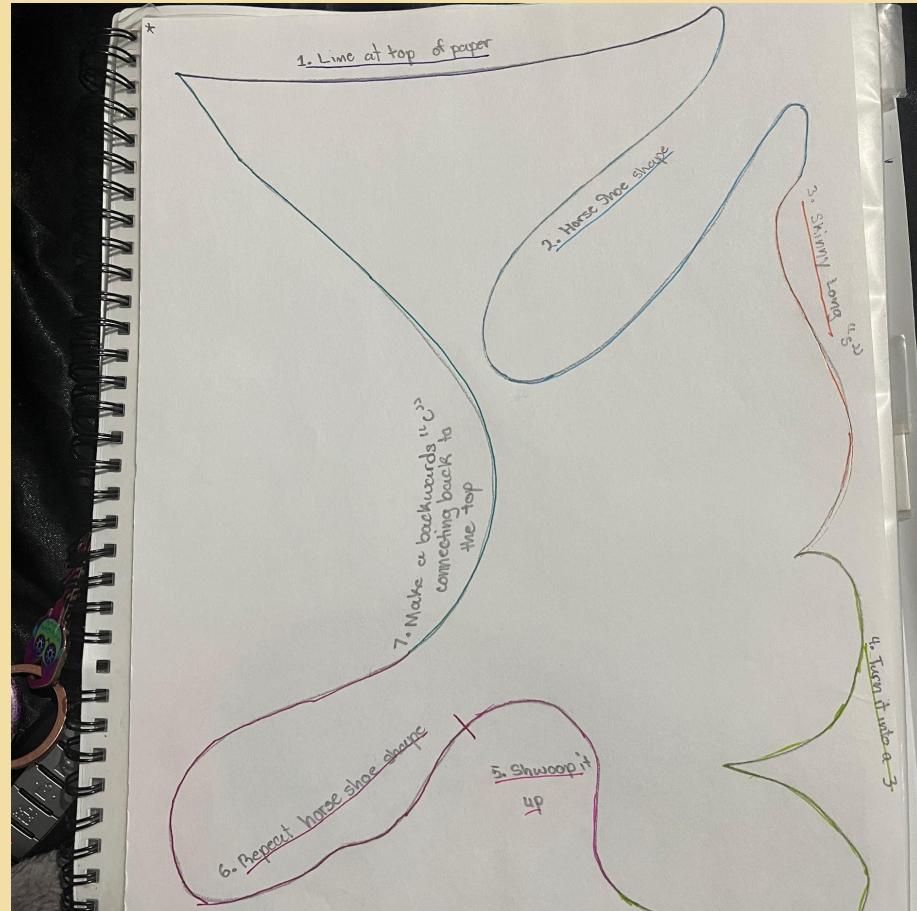
# Drawing activity



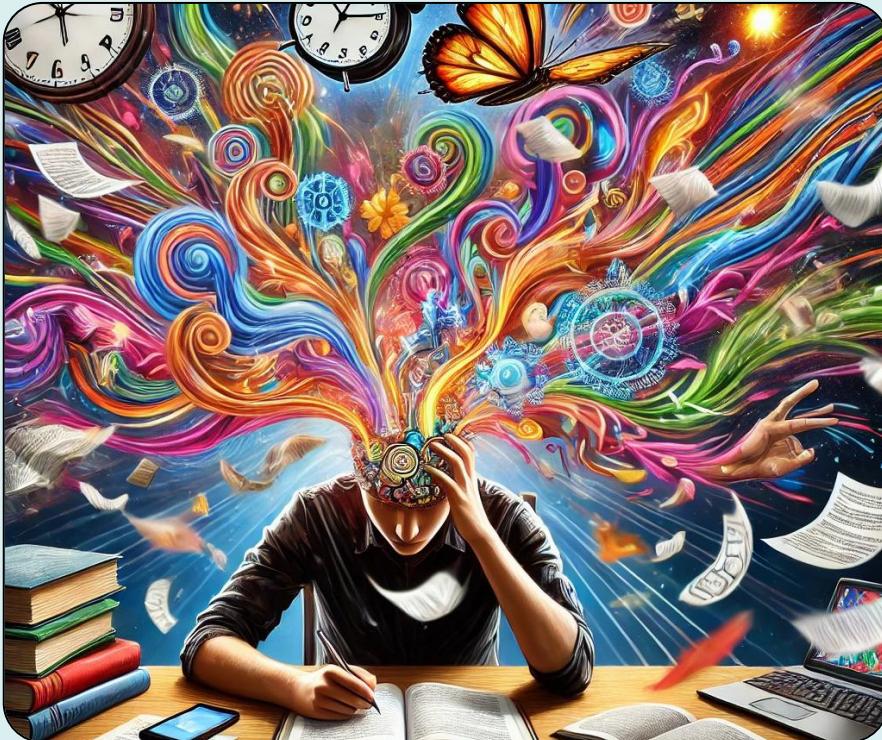
**Listen to instructions and try to keep up**

# Drawing activity

- Shows how challenging it is to be told what to do without clarification
  - Importance of clarification and details of explanation
  - Significance of distraction

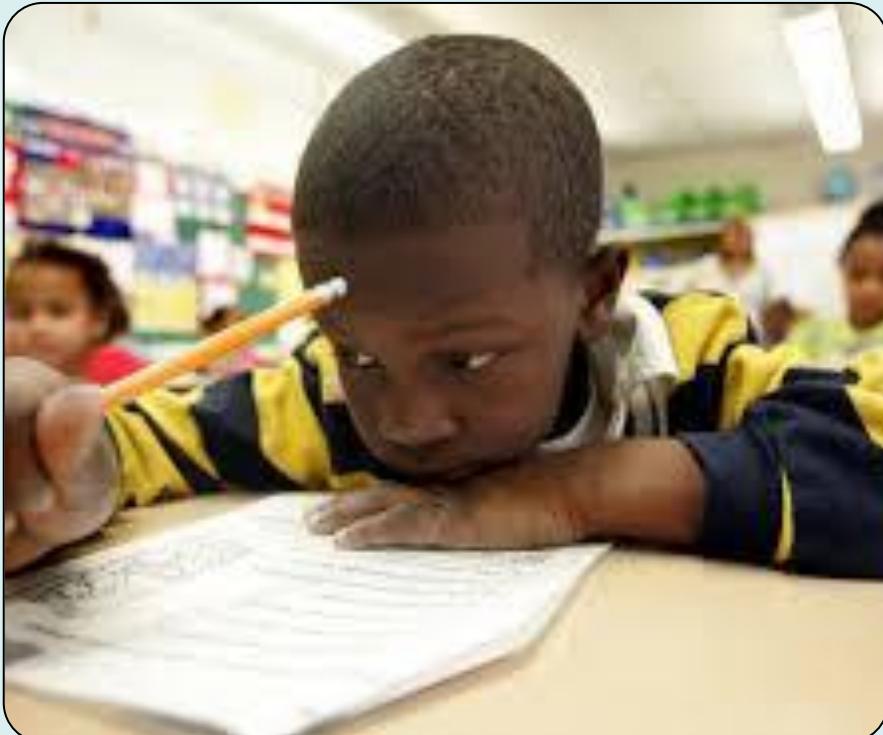


# Typical Symptoms of Hyperactive ADHD



- Stands for attention deficit hyperactivity disorder
- Fidgets during class
- Excessive talking
- High energy in children
  - Running around, jumping, difficulty taking turns
- Restlessness in adults
- Interruptions
- Troubles with executive functions

# Typical Symptoms of Inattentive ADHD



- Not being able to focus or concentrate in class
  - Often daydream during class lectures
- Difficulty sustaining mental effort

# Combined ADHD



People with Combined ADHD exhibit symptoms of both Hyperactive and Inattentive; however, people with Hyperactive ADHD tend to be classified as impulsive and people with Inattentive ADHD tend to daydream or zone out

# ADHD Misconceptions

- People with ADHD are just forgetful
- People with ADHD are obnoxious
- People with ADHD are lazy
- People with ADHD aren't intelligent
- ADHD only affects children
- Children can outgrow ADHD
- ADHD is a learning disability.



# Think, Pair, Share

- What does ADHD look like in your classroom?
- How do you break down your tasks in your classroom to help students with ADHD?



**THINK.PAIR.SHARE.**

# Compensatory Techniques for ADHD



- Walking laps around school
- Listening to music
- Keeping a planner
- Timed breaks and work sessions
  - Pomodoro Technique
- Breaking down large tasks into smaller steps
- Having two separate text books: one for home and one for school
- Fidgeting
- Doodling

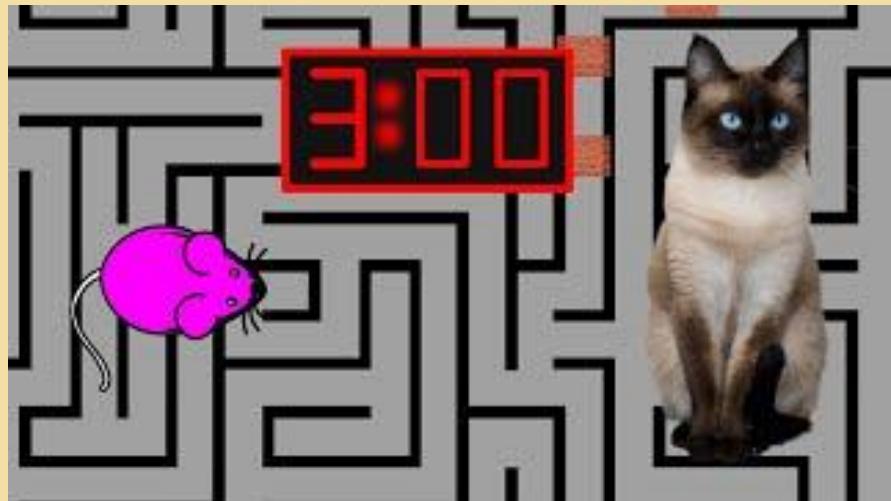
# Think, Pair, Share

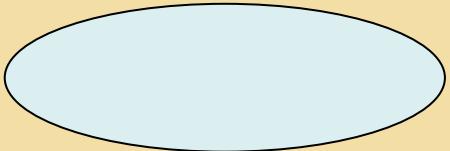


- What coping strategies have you seen your students use?
- Which strategies would be distracting to you in your classroom?

# 3 minute activity

- Sing the National Anthem to yourself (10 points)
- Make a paper airplane (20 points)
- Write the entire alphabet backwards (5 points)
- Walk two laps around the room (10 points)
- Learn someone's name (5 points)
- Check the weather app on your phone (2 points)
- Text someone a nice message (5 points)
- Check your email (5 points)





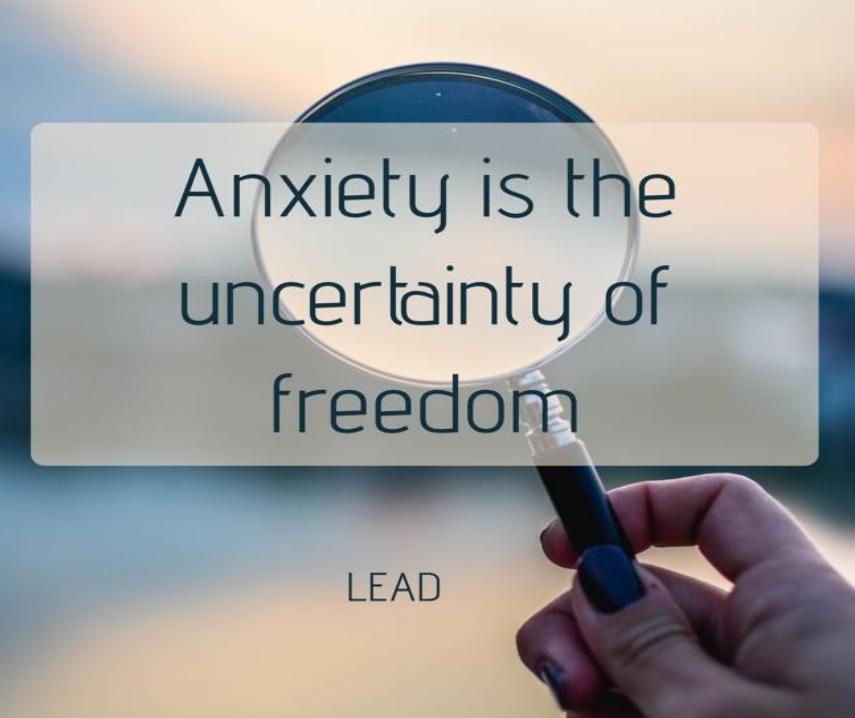
# Explanation of 3 minute activity



To have earned the maximum points, you could have: wrote the backwards alphabet on the wing of the paper airplane while you were walking with someone and learning their name while you were on your phone.

- Telling students to get out a piece of paper, turn to page 73, answer questions 3-12, and write a summary of the chapter ALL AT ONCE feels a lot like what you were just asked you to do!
- We are more prone to errors when we multitask!
- Now think about how that task would feel to someone with ADHD!

# Anxiety

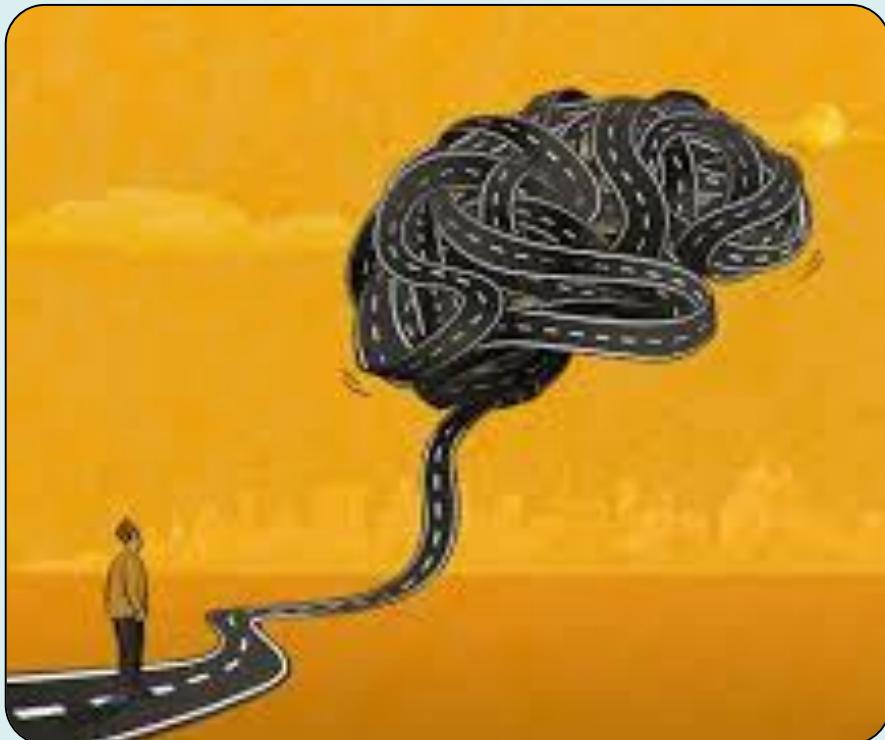


Anxiety is the uncertainty of freedom

LEAD

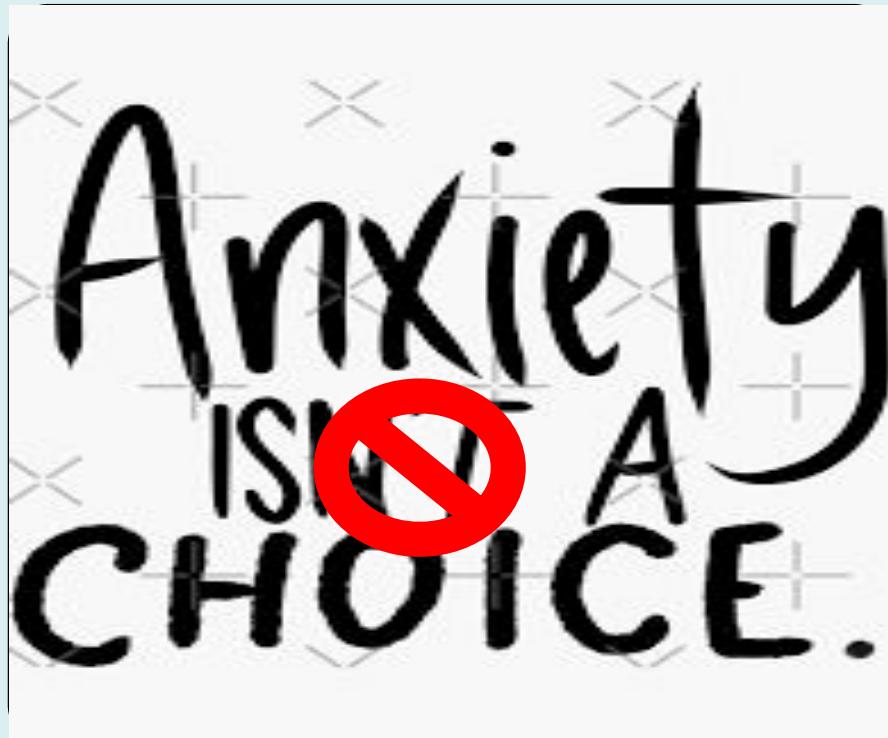
- Anxiety is a broad term for multiple types of disorders
- Many students experience anxiety related around testing and presenting in front of people
- LEAD'S definition of anxiety:
  - Anxiety is the overwhelming feeling of not knowing what is going to happen in a specific situation.

# What anxiety feels like



- Fear and nervousness
- Jittery
- Tunnel vision
  - Feel like the center of attention
- Motivation begins to decrease and procrastination begins to increase
- Trouble sleeping
- Out of body experiences

# Anxiety misconceptions



- It's easy to overcome anxiety; you just need to take a couple of deep breaths.
- Anxiety is not a real illness.
- Medication is the only treatment for anxiety
- Anxiety goes away on its own
- Social anxiety is the same as being shy

# Spoon Activity

You have 12 spoons per day.

1 spoon

- Get out of bed
- Get dressed
- Take meds
- Watch TV

3 spoons

- Make and eat a meal
- Make plans and socialize
- Light housework
- Homework/ studying

2 spoons

- Bathe
- Style hair
- Surf internet
- Read

4 spoons

- Go to school/ work
- Sports and extracurriculars
- Exercise
- Doctors appointments

# Depression



Definition: Clinical definition

Depression Human definition

Things that could trigger depression

# What depression feels like



- Feeling sad, irritable, hopeless for periods of time
- Loss of interest in doing things
- Trouble with sleep schedules
- Struggles with self esteem
- Change in appetite
- (in some cases) suicidal ideation

# Depression Misconceptions



- Meds work best
- Depression only affects females
- Keeping busy cures depression

# Coping Skills and Helpful Strategies

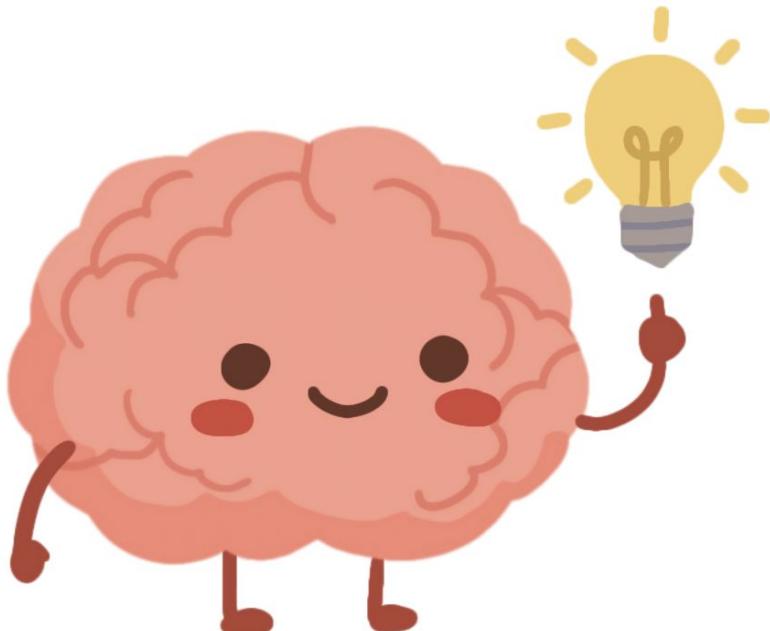


- D/A - Coloring / artistic expression
- D/A - Listening to music
- D/A - Going on a walk or getting outdoors
- D/A - Socializing & hanging out with friends - talking with them and doing fun activities together
- A - Breathing techniques
- A - Alone time
- D - Keep a journal
- D/A - Therapy
- D - Practice gratitude & positive affirmations
- D/A - Prioritize sleep
- D/A - Sitting down and collecting your thoughts
- D/A - Talking to your partner/friends or family

# QUESTIONS?



# Contact



For additional information, questions, presentation accessibility needs, or to reach LEAD students, please reach out to course instructor:

Helen Seay  
[hseay@cmsd12.org](mailto:hseay@cmsd12.org)

Thank you!

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