ADHD Back-to-School Checklist

by Aidan Galati

The end of summer is a bittersweet ‘goodbye’ for schoolchildren and parents alike. As the Sacramento area begins its transition into fall, it’s important to start preparing yourself and your child for the upcoming school year. Whatever his/her challenges and strengths in a classroom setting may be, this checklist is a helpful start to setting your child up for success this year.

Partner with Your Child’s Teacher

Whether your child is enrolled in a public, private, or charter school, it is likely that he/she will be placed with at least one teacher that is new to them this year. Working with your child’s teacher is beneficial for you, your child, and the teacher. Creating this open line of communication allows for the teacher to better understand your child and personalize instruction, promotes your child to have a more positive outlook on school, and connects events happening at school with events happening at home. Visit here for tips on communicating with your child’s school and teachers.

Know Your Child’s Rights

Common symptoms of ADHD resulting from inattention and/or hyperactivity can make it difficult for a child to succeed in a traditional school setting. For this reason, educational services and modifications are provided to children even if their needs are minor. A free and appropriate public education (FAPE) to all children is ensured by the Individuals with Disabilities Education Act (IDEA) and Section 504 of the Rehabilitation Act of 1973. You can get an overview of the special education process by viewing this helpful graphic. A helpful article published by the US Department of Education Office for Civil Rights regarding the rights of students with ADHD can be found here:

Learn about Classroom Accommodations Offered at Your Child’s School

Teachers may already have accommodations in place that can aid your child’s classroom learning, test-taking skills, organization, and behavior. Examples include increased space between desks, color-coded materials for each subject, and the use of a behavior plan with a reward system.

Learn about Tutors or After-School Programs Best for Your Child

With hundreds of tutors and many after-school programs available in the Sacramento area, it is a daunting task to figure out which option is most beneficial for your child with ADHD. A great way to start your search is to visit this website for tips on interviewing tutors and choosing after-school programs.
Meet Our Team

Standing
Left to Right:
Julie B. Schweitzer, Ph.D.
Sarah Kahle, Ph.D.
Catharine Fassbender, Ph.D.
Shannon L. Hoffman, PT, DPT
Prerona Mukherjee, Ph.D.
J. Faye Dixon, Ph.D.

Seated
Left to Right:
Jazmin Sheppard, M.A.
Beatrice Menor, B.S.
Agnieszka Mlodnicka, Ph.D.

Not Pictured
Jared Stokes, Ph.D.
Ryan Shickman, B.S.

Our Studies

MINT
MINT is a brain imaging study designed to help us better understand how self-control develops in adolescents and adults, ages 12-30.
Contact: Beatrice Menor, B.S. 916-703-0294 hs-airlab@ucdavis.edu

Delta
The purpose of this study is to develop and then test a computerized “app” to teach self-control in children 3 to 6 years old who have challenges with self-control or impatience.
Contact: Samantha Blair, Ph.D. 916-703-0294 hs-airlab@ucdavis.edu

VRAM
The VRAM study was created to see if virtual reality can help children build resistance to distractions in the classroom.
Contact: Juan Ramos, B.A. 916-703-0294 hs-airlab@ucdavis.edu

Where are They Now?
The AIR Lab prides its self in mentoring the next generation of scientists. Here is what our most recent Research Assistants and employees are up to:

Chloe Green, Ph.D. – School Psychology, UC Berkeley

Kyle Rutledge, Ph.D., DO – Western University of Health Sciences – in Residency

Lauren Boyle (Ph.D., in progress) – Counseling Psychology, University of Texas, Austin

Catrina Calub, M.S. (Ph.D., in progress) – Clinical Psychology, University of Central Florida

Steve Riley, M.A. (Ph.D., in progress) – Clinical Psychology, Emory University

Amrita Ramakrishnan (Ph.D., in progress) – Counseling Psychology, NYU

Arthur Hartanto, MBA – UC Davis. Now at Kaiser Permanente, Sacramento

Erin Calfee (Ph.D., in progress) – Population Biology, UC Davis School of Biological Sciences
Recent Publications

Take a look at what members of our team have published in the last two years!

**Julie Schweitzer, Ph.D.**


**Sarah Kahle, Ph.D.**


Prerona Mukherjee, Ph.D.


Agnieszka Mlodnicka, Ph.D.


Catherine Fassbender, Ph.D.


