



# Apps for Students

Inattention, hyperactivity and impulsivity are three key signs that help diagnosticians determine if a child has Attention Deficit Hyperactivity Disorder (ADHD <http://cdc.gov/ncbddd/adhd/facts.html>). Within these categories, a student must have six or more symptoms over a six-month period. The apps below are recommended as tools to assist caretakers and teachers in helping students with ADHD to be more successful in class, as well as at home.

iearnedthat-lite <http://itunes.apple.com/us/app/iearnedthat-lite/id372315067?mt=8> (Free/ Full Version \$1.99) Helps children develop desirable behaviors by working towards tangible goals. Choose a behavior for the child. Do not interrupt for 15 minutes during a 45-minute class period. Student then takes a picture of what he or she wants, such as computer time. The picture is broken down into puzzle pieces. Each time the student is successful, he or she adds another piece. Upon completion of the puzzle student receives an award. The app is good for all ages.

ireward <http://itunes.apple.com/us/app/ireward/id324643198?mt=8> \$4.99 A motivational tool for iPhone, iPod Touch, or iPad. Create a star chart or token board to help reinforce positive behaviors using visual rewards. This type of praise or approval will help parents of typically developing children, children with autism, developmental delays, ADHD, and anxiety disorders.

Homeroutines <http://itunes.apple.com/us/app/homeroutines/id353117370?mt=8> \$3.99 This app can be customized for any age. Create routine checklists, and then complete them on chosen days of the week, with reminder notifications, and a gold star for each completed task. Checklists can automatically reset.

Alarmed-reminder timers <http://itunes.apple.com/us/app/alarmed-reminders-timers-alarm/id371886784?mt=8> Free Pop up reminder alerts. Includes 80 custom sounds, Nag me for auto repeating. This is great for reminding students when they need to bring something to school.

ADHD organizer <http://itunes.apple.com/us/app/adhd-organizer/id436366972?mt=8> \$1.99 Lets users set goals and record their success. This includes a memory bank section for things that are frequently forgotten.

Audio-notes recorder <http://itunes.apple.com/us/app/audio-notes-recorder/id288503045?mt=8> \$2.99 Record notes and export by email. Great for students who need to remember something without having to write it down.

Event Countdown <http://itunes.apple.com/us/app/events-countdown/id349134286?mt=8> \$1.99

This is great for students who need to keep track of assignments. App shows remaining days, hours and minutes until the date.

Audionote recorder-notepad <http://itunes.apple.com/us/app/audionote-notepad-voice-recorder/id369820957?mt=8> \$4.99 Combines the functionality of a notepad and voice recorder.