



On Your Own: A College Readiness Guide for Teens With ADHD/LD

Patricia O. Quinn, Theresa Laurie Maitland

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Preparing to live on your own at college can be difficult and scary--especially for teens with ADHD or LD. On Your Own provides a wealth of college readiness skills and teaches college-bound teens how to acquire these skills in a clear, easy-to-understand way. On Your Own explains facts about college life, differences between high school and college, how to use high school to get ready, and how to make a plan and set goals to ready one self--teen readers will find a short set of surveys to rate themselves on a variety of skill areas needed for success in college, including problem solving/decision making, communication, self-awareness, daily living, and study habits. Chapters in the book cover strategies and teaching tools to build those important skills--essential for life at college and beyond. Teens can choose to work on one or two problem areas in individual chapters, or to use the book as a whole to develop lifelong skills and problem solving techniques, making On Your Own an essential resource for any teen with ADHD or LD getting ready to live at college.

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Henry Jones:

With this era which is the greater individual or who has ability in doing something more are more special than other. Do you want to become one among it? It is just simple way to have that. What you need to do is just spending your time not very much but quite enough to get a look at some books. One of the books in the top listing in your reading list is On Your Own: A College Readiness Guide for Teens With ADHD/LD. This book that is certainly qualified as The Hungry Inclines can get you closer in turning out to be precious person. By looking right up and review this reserve you can get many advantages.

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