


Accept—**don't reject**
Greetings
from the
Attention Deficit
and Hyperactivity
Support Group of
Southern Africa

ADHASA

Helping the community
for  years!

Useful information
to help families with
ADHD, and others ...

Please send this
newsletter
to anyone who could
use it.

**INSIDE THIS
ISSUE:**

Exam Preparation 1
Events..... 2
ADHASA News..... 2

*Please note that
ADHD refers to
Attention Deficit
Disorder with or
without hyperactivity.*



Keeping up with ADD

July—August 2012

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Exam Preparation

This latter half of the year always brings with it a breath of fresh exam air. Some people relish the thought of pitting their skills against a worthy adversary in an exam hall while most cringe at the mere thought of the long hours of studying and the tension of writing under pressure.

Attitude is Important

For most, it is a question of attitude – a positive frame of mind, a love of the subject and the exams are soon over. For others it becomes a life long battle of wills – should I study, should I sleep, should I study..... until the day arrives the words are written and one can live again!

Exams need not be a stressful time provided the right mind-set and preparation is taken into account. The secret lies in consistency and the belief that this too can be conquered.

The first thing to remember is that writing an exam is merely a question of have you understood and learned from the experience of learning. Having enjoyed a section of work means you will not have a problem answering the questions posed.

Self Belief

The biggest stumbling block is not that of having absorbed enough but rather one of self belief. If you know the work there is no reason not to

do well. Most people do not do well in exams because they believe that they will not do well. The self-fulfilling prophecy kicks in and one goes all out to prove that you are as bad as you believe you are.

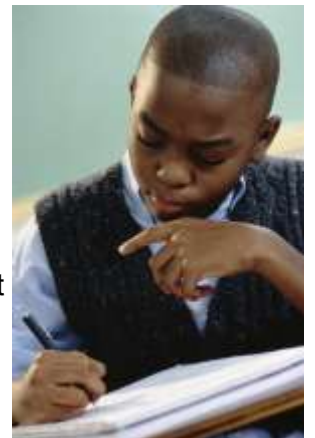
Many exam battles are lost, not due to a lack of preparation and training, but due to nerves and poor self perception. To sit in an exam and tell yourself that you do not remember, that you haven't worked well, that you left out or can't remember work – these are the traps that panic and upset the mind – bad marks will surely follow. Self confidence, constant positive self affirmations and the sure knowledge of just doing your best will take you a long way down the road to success.

The Road to Success

How to do this then? There are many fancy methods of studying out there. Mind maps, flow charts, work-books, exam aids, long written summaries, key words, tape aids, music, parrot fashion learning. All these work – you wouldn't be where you are today if they didn't.

Sometimes however, the best methods are also the simplest – your exam represents your notes and course material in question format – so turn your study material into a set of questions.

Then find the best answers, write them down and practice answering the questions.



Better still build up the programme day by day. A few questions and answers today, practice the answers tomorrow, more questions, practice answering all the questions for the last two days before moving on to the next section, etc.

This simple method of progressive learning means that you will always be keeping previous work fresh in the mind while adding to new knowledge day by day. View the exam as a normal extension of this learning. Plan for all studying to be finished a week before the exam due date.

Use the remaining week to revise and to consolidate rather than learn work for the first time.

Final Preparation

The night before an exam. – stop studying by 9, relax, have a long hot bath, listen to some good music, be in bed by 11. Take to bed the message which says – I know my work, I am confident I will do well – and go to sleep! Morning of the exam, DO NOT touch your study notes. The time for learning has passed, so why panic yourself into believing that you do not know your work. It's too late –let it be. Go to the exam venue well ahead of time, do not talk to anyone – especially, do not talk about the exam to be written.

Make sure you have had an adequate breakfast, avoid coffee and fizzy drinks, take bottled water with you, make sure you pens and calculator work and that you have all the necessary equipment and Relax.

Exam Techniques

Start the exam by scan reading the paper, pick out questions in three categories – easy, challenging, difficult and start with the easy questions (NOT number 1 unless it falls into the easy category), Work your way through easy, quick marks, move onto the challenging questions and leave the difficult ones to last – it gives your brain a chance to find answers.



Also watch the time, easy questions must have short, pithy answers otherwise you will ramble and lose the advantage of quick, easy marks.

Secret to exam success – have fun, enjoy the challenge and leave the exam behind you when you have finished. It's too late to change anything, so why agonize over lost marks.

Have fun, enjoy, move on to new challenges.

Terry Wilke

Educational Psychologist (082 440 4359)

You Made It!



PLEASE DIARISE the following for 2013:

Conferences and seminars:

- Feb 9+10 Teachers and Professionals Conference
- Mar Seminar on Adolescence (one day – date to be confirmed)
- May 18+19 Parents Conference
- Jul 27 Seminar on Adults

Other:

- Sep 13 ADHASA purple civvies and ribbon day
- Sep 14 3rd Annual Gala Dinner



ADHASA NEWS

As you all know by now Carol is in National Office, bringing her own unique talents and gifts.

Thanks to Coach Lorí for putting this ezine together.

Contact Lorí

(Lori@MindFocus.co.za), if you want to improve your life, and or that of your children, utilising coaching to supplement the diet and create Skills, Strategies, Structure and Support.



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[And then click LIKE!](#)





TWITTER - We now have a Twitter handle and would love for you to follow us:
@ADHDatADHASA



GOOGLE+ - Those of you with Gmail accounts - look out for us on Google+.

We will be introducing Circle Chats with experts and updating our page with new information, helpful hints and tips on a regular basis.



FACEBOOK – If you haven't yet seen it make sure you visit our Facebook page at www.facebook.com/ADHASA.adhd. You'll enjoy all the opinions, interaction, pictures and information sharing.

VOLUNTEERS – We welcome Julia Robertson and Juanita Moolman to the team. They have very kindly offered their services one morning a week to assist us at National Office and are very busily updating our professional referral lists, school lists, and others.



If a specialist has been particularly helpful to you, maybe you would like to recommend them to us. Please send their name, profession, and contact details to us by email:
info@ADHASA.co.za.

We intend for this referral list to cover the country so please remember to send us details of professionals in your area who have helped you with ADHD. In turn we'll be contacting them with a request to complete a questionnaire which will give us an indication of the work they do, and their general approach.

We would also like to introduce you to Elizabeth Bosman who some time ago designed our 'Hedgehog Poster' as well as the large posters you see at our conferences. She has offered to assist us with our illustration needs so be sure to keep a look out for her work in the near future.

VOLUNTEER COURSE AND GENERAL TRAINING COURSE

This is a reminder about the Thursday morning interactive training sessions basically to be run on a fortnightly basis, starting in February next year. We'll only be taking about fifteen people for this course – will be sending more info to you soon. It's essential that any volunteers interacting with the public attend our training courses.

Areas in which we need assistance include: counselling, (telephone and direct), admin, shop, food list researchers, running coffee groups, fund raising, finding sponsorships, building the library, approaching schools, seminars and talks – preparation, at and after the event, branch PR, building an ADHD research department. If your field of expertise is different, please contact us and tell us how you would like to assist.

THANK YOU

ADHASA has grown tremendously in its outreach, our scope of activities and the people we help. However, 2012 has been year of much nail-biting because we never knew how long we were going to survive. You received

several letters of request and every single time we got the help we needed. Donations varied tremendously and every single one of them made a difference

a VERY BIG THANK YOU TO YOU ALL!!!

Thank you to Leslie Ann McMillan, Linda Engelmohr, Ida van der Schyf, Zelda Venter, Joan Nel, Nicola Scott-Hayward, Windsor Prep School, CRMS Learning Centre, Amorita Horn, Nikki Dunford, Broadacres Farm Nursery School, Fatima Mahamed, Therapie and Leersentrum, Charmaine Trollip, Linda Jager, Nicolette Claassen, Andrew Pierce, Amor van Zyl, Ann Mans and Helena Mostert.

We also thank Christine Kincaid-Smith, Warren Dennis of Kenza Health, Ingrid Boshoff, S Coetzee of Biolink (Alberton), Brenda Rose Thomson of F&J Management, Sabrina Zerbst, Corinda, Shauneen Procter, M Smylie, Margie Barry, Raymond Henderson of Rays Electrical, Natasha Wijtenburg, AECI, Joyce Schoeman and Cathy Barrows.

We also have a special thank you to Aqula Communications, and especially Charlotte de la Harpe, who have gone out of their way to assist in many different ways, and most recently the Gala Dinner. Leonie van Aswegen, put in vast amounts of work to arrange it. We also thank all the sponsors for their contribution to the event.

Heather Picton is now consulting at Medifam, the Family Medical Wellness Centre in Grayston Drive (cor Helen), Sandton.
 To book your appointment with her phone: 011 883 2509

