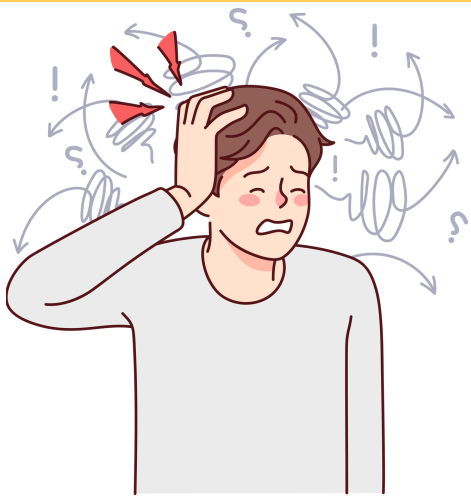




AI & COLLEGE ADHD HACKS

Common ADHD Challenges in College



- Trouble staying organized
- Difficulty managing time & deadlines
- Struggles with focus & distractions
- Overwhelmed by assignments & note-taking

How AI Can Help



Task & Time Management

- AI-powered planners like [Notion](#) & [Todoist](#) for reminders & schedules
- [Pomodoro timers](#) (Forest, Focus Booster) to improve focus



Note-Taking & Summarization

- AI tools like [Otter.ai](#) & [Notion](#) transcribe & summarize lectures
- Apps like [TLDR](#) & [Sider](#) shorten long readings



Writing & Study Support

- [Grammarly](#) & [QuillBot](#) improve writing clarity
- AI tutors ([Socratic](#), [ChatGPT](#)) assist with difficult subjects



Reducing Distractions

- AI blockers like [Freedom](#) & [Cold Turkey](#) limit distractions
- Noise-canceling AI apps ([Krisp](#), [Noisli](#)) create a focused study space



Mental Health & Motivation

- AI chatbots ([Woebot](#), [Youper](#)) provide emotional support
- Habit-tracking apps ([Habitica](#)) turn tasks into fun challenges

AI Helps ADHD Students Work Smarter, Not Harder!



THEMBA TUTORS