

# MANAGING ADHD IN THE CLASSROOM

## Practical Strategies for K-12 Teachers

10-HR COURSE

### COURSE INSTRUCTOR



### Overview

This course offers K-12 educators practical, actionable strategies to better support neurodivergent learners, particularly students with ADHD. You'll gain a deeper understanding of what ADHD truly is and how it impacts executive functions such as focus, organization, and planning. Through empathy-building, you'll learn how ADHD shows up in real classrooms, from challenges with attention and overwhelm to the often-overlooked strength of hyperfocus. You'll explore how to design ADHD-friendly classrooms through physical and sensory supports, emotional regulation strategies, and intentional approaches to motivation. The course also provides concrete tools for explicitly teaching executive function skills and for sustaining your own energy and well-being in the classroom. You'll leave with practical strategies you can put into action immediately.



### Outcomes

By the end of this course, participants will be able to...

1. Explain how ADHD impacts executive functioning and how this influences student learning, behavior, and engagement.
2. Recognize how ADHD presents in classroom settings, including both challenges and strengths such as hyperfocus, and respond with greater clarity and empathy.
3. Design and implement ADHD- and neurodivergent-friendly learning environments that proactively support focus, regulation, and task completion.
4. Apply practical strategies to explicitly teach executive function skills while sustaining their own energy and effectiveness as educators.



### Jeff Horwitz

Education Consultant

Jeff is a 20-year educator and has been an administrator at independent schools in St. Louis since 2013. He is passionate that all children deserve a high-quality education and believes strongly in surrounding students with passionate adults that can provide personalized, 21st-century education, with authentic learning experiences, and use technology as a tool. He believes that the social-emotional lives of children are equally as important as the academic and that empathy and collaboration are cornerstone skills for the future. Jeff holds a Learning Designed Level 1 UDL and Level 2 UDL credential. He is passionate that all children deserve a high-quality education and believes strongly in surrounding students with passionate adults that can provide personalized, 21st-century education, with authentic learning experiences, and by using technology as a tool.

# COURSE OUTLINE

## REQUIREMENTS

To complete the course, you must fulfill all requirements including reviewing required materials and completing each lesson's self-assessment. At the end of the course, participants will receive a completion certificate for 10 continuing education hours. If you are seeking CTLE, clock hours or additional PD requirements, [review our FAQs](#) or [contact us](#) with any questions.

Module	Objectives	Activities
<b>1</b> ADHD in the Classroom: Understanding Behavior, Brain, and Belonging	<ul style="list-style-type: none"> <li>• Understand what ADHD is (and what it isn't)</li> <li>• Recognize how ADHD shows up in class</li> <li>• Explain executive function's role in ADHD</li> <li>• Build empathy for students</li> </ul>	<ul style="list-style-type: none"> <li>• Watch, read and/or listen to the course lessons</li> <li>• Review the required and optional resources to dive deeper into the learning</li> <li>• Try it out! Put your learning into practice</li> <li>• Complete the module self-assessment</li> </ul>
<b>2</b> Designing ADHD/ Neurodivergent-Friendly Classrooms	<ul style="list-style-type: none"> <li>• Identify common barriers for students with ADHD.</li> <li>• Design supportive physical, emotional, and intellectual classroom environments.</li> <li>• Build flexible structures using Universal Design for Learning (UDL) and Specially Designed Instruction (SDI) principles.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch, read and/or listen to the course lessons</li> <li>• Review the required and optional resources to dive deeper into the learning</li> <li>• Try it out! Put your learning into practice</li> <li>• Complete the module self-assessment</li> </ul>
<b>3</b> Building Executive Function: From Scaffolds to Self-Management	<ul style="list-style-type: none"> <li>• Explicitly teach executive function skills.</li> <li>• Harness motivation and manage time blindness.</li> </ul>	<ul style="list-style-type: none"> <li>• Watch, read and/or listen to the course lessons</li> <li>• Review the required and optional resources to dive deeper into the learning</li> <li>• Try it out! Put your learning into practice</li> <li>• Complete the module self-assessment</li> </ul>

Courses are entirely online. To access them, you'll need a compatible web browser like Chrome or Firefox. For an optimal experience, we recommend using a desktop or laptop computer with a word processing tool or reader (i.e. Microsoft Word, Libre, or Google Docs). While our course platform is mobile-friendly, a larger screen will provide the best viewing and interactive experience. If you need personal assistance or have technical questions, you can [contact us](#) any time. Novak Education is in compliance with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act (ADA).