Being organized means having a good memory and good attention

- Sensory Awareness/Memory
- Short-term memory
- Working Memory
- Long-term memory

Sensory Memory

- Visual
- Verbal
- Tactile
- Taste
- Smell
- Proprioception

Short-term memory

- Visual
- Taste, Smell, Touch
- Auditory
- Spatial
- Sequential
- Proprioception
ADHD and Organization

- ADHD is a working memory problem
- Working memory includes attention
- Attention includes; selecting, maintaining focus, switching focus
- ADHD is a switching problem
- ADHD people switch too soon, and too frequently before the information gets to LTM
- Result: Information loss and disorganization - no memory of what needs to happen next

ADHD and Organization

- Sensory memory: They don’t pay attention to auditory information. They’re not disorganized – they just haven’t heard.
- Use a 3-D model
- Use lists – move their location frequently
- Create a multi-sensory procedure
- Context will make them more disorganized
- They are bottom-up learners
Dyslexia and Organization

- Sensory memory: They don’t pay attention to visual information
- Short-term memory is normal
- Working memory: They can visualise well but their auditory loop is weak
- Semantic LTM is weak for isolated words & symbols but good for isolated images

How is context related to organization?

- Dyslexics are good at visualizing – use this ability to help them organize
- Context can be a physical location or a visualized physical location
- Dyslexic students need a whole year planner on their wall so that they can see a visual representation of this abstract list of dates.
- The wall planner needs to be colour-coded.
- The wall planner will give meaning and provide context to this abstract list of isolated facts.

Dyslexia and Organization

- Avoid lists and procedures
- Relate everything to context
- They need a context before they can remember unrelated sequences like the months of the year
- Or when their history essay is due
- Or where they put their soccer shirt
- These are all isolated facts
- This is why their drawers look like a waterfall of clothes
- They are top-down learners.

Average student and organization

- The average adult can remember 7 facts +/- 2 in STM
- The average child has a smaller capacity
- This includes everything that they are thinking about, not only school work
- Reduce instructions to 5 at a time for primary age children
- Debrief before beginning tutoring
- Use a memory minder