

Articles

“What Keeps Us from Feeling Motivated?” by Michelle Garcia Winner, MA, CCC-SLP.
www.socialthinking.com

Books

Barkley, R. *Taking Charge of Adult ADHD*. New York, NY: The Guilford Press, 2010.

Guare, R., Guare, C. & Dawson, P. *Smart but Scattered--and Stalled*. New York, NY: The Guilford Press, 2019.

Guare, R. & Dawson, P. *The Work-Smart Academic Planner: Write It Down, Get It Done, Revised Edition*. New York, NY: The Guilford Press, 2017.

Wilkins, S. & Bermister, C, et. al. *Flip the Switch: Strengthen Executive Function Skills*, New York, NY: AAPC Publishing, 2015.

Apps for Time Management

Multitimer

Focus Keeper

Tomato Timer

Focus To-Do

AppBlock

Freedom

Websites

www.selfcontrolapp.com

www.rescuetime.com

www.quizlet.com

www.scheduletemplate.org

youtu.be/PneMHNuJlpY (how to use google calendar)

www.understood.org

www.edutopia.org

www.educationcorner.com/higher-education

www.students.dartmouth.edu/academic-skills/learning-resources