

ANDREA ZIANS | STRATEGIC ACADEMICS

NEWSLETTER

Because Every Student Deserves to Succeed!

- **Build confidence**
- **Build skills**
- **Build habits**
- **Real Results**



ADHD and Executive Function Coaching

What if the school system
was designed by someone
with ADHD?

It is a question I often ask parents and students. Who decides what learning should look like, and who gets to succeed within it? In a recent podcast, I explore how many capable students struggle not because they cannot learn, but because the system was not built with them in mind.

Link to the full podcast is on the next page.

Strategic Academics

- Assistive technology consulting
- One to one ADHD and academic support
- Professional development for educators
- Workshops and webinars for families and schools
- School and clinic based academic support

I specialize in supporting students in high school and college or university.

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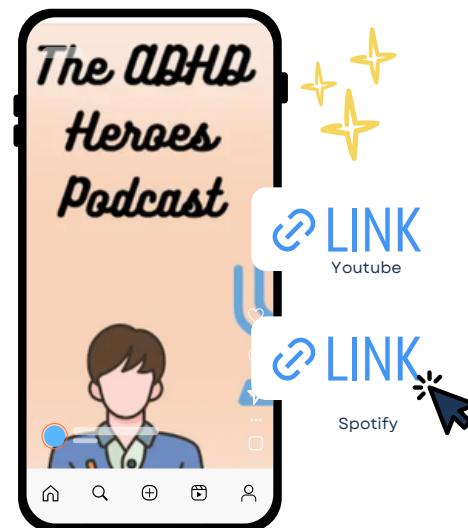
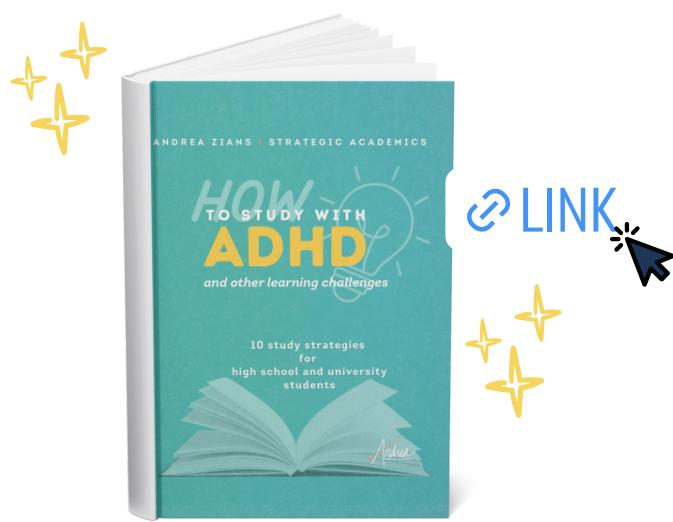
ADHD, Engagement, and Real Learning

I recently joined **Rabbi Shmuel Reich** on his ADHD podcast for a great conversation about learning, motivation, and student success.

We discussed my new workbook and why traditional study advice often fails students with ADHD. Studying longer is not the answer. Engagement is. Students learn best when they actively work with the material by explaining ideas out loud, applying concepts, and using strategies that reduce friction instead of adding it.

We also talked about why capable students often work hard but still struggle to show what they know. Learning strategies close that gap. If you are a parent of a student with ADHD, this episode will feel familiar and reassuring. More importantly, it offers a clear and practical path forward.

Links to the podcast episode and workbook are included below.



Assistive Technology Updates



Word Prediction is a really great tool and it is free on Microsoft

Microsoft Word has a built in feature that many students do not know exists. Word prediction.

When enabled, Word begins suggesting the next word as a student types. This small change can make a big difference for students who struggle with spelling, word retrieval, or getting ideas onto the page.

Turning it on is simple. In Word settings, students can enable text predictions and adjust them to match their writing style. Once active, the keyboard supports the student instead of slowing them down.

Word prediction reduces cognitive load. Students spend less energy figuring out how to spell or phrase something and more energy focusing on their ideas. Writing becomes faster, smoother, and far less frustrating.

This tool is especially helpful for students with ADHD and learning challenges, but many students benefit from it without even realizing why. The goal of assistive technology is not shortcuts. It is access. Word prediction gives students access to their own thinking.