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TOGETHER



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TOGETHER WE CAN Course

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Trainer's Guide

Module 3: Homework, Learning & Concentration Strategies

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1. Welcome to the TOGETHER WE CAN COURSE!

1.1 Purpose of the Trainer's Guide

The TOGETHER Trainer's Guide has been designed specifically to support and streamline the delivery of the Course developed in the context of the TOGETHER WE CAN project. The Course constitutes a 2-day course, a total of 16 hours of training. Furthermore, the Trainer Guides include examples of exercises and group activities, questions that should be asked during the trainings and more.

2. TOGETHER WE CAN TRAINING FOR TRAINERS

2.1. Learning objectives

With the completion of this **module**, learners **will be able to**:

- Create a sensory friendly and distraction free learning environment
- Break down tasks for effective concentration and task management
- Create homework plans and use concentration boosters
- Effectively use breaks, timers and rewards at the right time

3. TOGETHER TRAINING CONTENT

- Module 1: Building Daily Routines & Time Management
- Module 2: Communication & Instruction Techniques
- Module 3: Homework, Learning & Concentration Strategies
- Module 4: School Collaboration & Advocacy
- Module 5: Emotional Regulation, Behaviour & Social Inclusion
- Module 6: Healthy living: Nutrition, Physical activities & Sleep



20 min total	Unit 2 of Module 3 Structuring and Supporting Homework – One Step at a Time	Applies to the whole unit: Multimedia: To display PowerPoint slides Handouts and Flipcharts as required	Slide # 7 Slide # 8
	2.1. Why Homework Feels Overwhelming	Explanations from the subunits content.	Slide # 9
	2.2. Dividing Tasks Into Sub-Tasks, Task Sequencing and Visual Organizers	Using practical strategies in the unit for participants self reflection.	Plus relevant part of TOGETHER course
	2.3. Building Consistent Homework Routines and Independence		
20 min total	Unit 3 of Module 3 Sustaining Focus & Motivation During Work	Applies to the whole unit: Multimedia: To display PowerPoint slides Handouts and Flipcharts as required	Slide # 10 Slide # 11
	3.1. How ADHD Affects Focus	Explanations from the subunits content. Using practical strategies in the unit for participants self reflection.	Slide # 12
	3.2. In-the-Moment Focus Strategies		Plus relevant part of TOGETHER course
	3.3. Boosting Motivation – Without Battles		
15 min	Case studies Facilitate the activities and exercises based on the selected case studies* Refer to the Case Study materials and exercises document* Present the case study, allow time for discussion, and then ask the questions/ exercises for the learners to answer. (Individual and group learners)	x2 Case studies Multimedia: To display PowerPoint slides Handouts and Flipcharts as required	x2 selected Slide # 13 Slide # 14
5 min	General conclusion and short session on potential questions or remarks.	Discussion – to be continued during the closing session of the day after 3 of the modules are covered.	Conclusion



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Responsible Partner: **Paisii Hilendarski University of Plovdiv, Bulgaria**