



E- Portfolio Fall 2017
Homework is Beneficial to
Students with Disabilities Such as
ADHD

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ENGLISH WRITING COMPOSITION 101
NORTHERN MARIANAS COLLEGE

Dr. Kimberly Bunts-Anderson

Abstract

This is the summary of the project, “How is homework beneficial to students with disabilities such as ADHD” The argument was to prove the significance of homework to this particular student, and to show the importance of parents and teachers expertise to handle and improve students learning with this disability. The writer had researched academic journals, and observed students with this disability in the school classroom, and interviewed its respective parents and teachers to gather useful data or information for the project. The most important findings that were established upon researched came from the letter to the expert, it provided a very comprehensive information about understanding the different behavior of ADHD students; and that learning capabilities of these students depend on the severity of their symptoms and intelligence quotient. Educating an ADHD student can be challenging, and they needed to be understood.

A student with ADHD disability is not exempted to the opportunity provided by education. Education is for everyone whose desires are to achieve their goals and to become successful in life. Homework allows parents to know and understand the level of complexity towards the pursuit to academic achievement of an ADHD student. The writer’s researched project have defended the argument that “Homework is beneficial to students with disability such as ADHD.

Reading Notes

Maria Sonia L. Pascua

EN101 ONO1- English Composition Writing

Note Taking Sheet: Reading # 1

1. 2017 WebMD, LLC
2. Reviewed by: Smitha Bhandari, MD
3. Sources: American Academy of Pediatrics.
FDA.
National Institute of Mental Health.
Attention Deficit Disorder Association.
The American Academy of Family Physicians.
4. Understanding ADHD — The Basics
5. Year Written: July 2017
6. Pages: 1
7. www.webmd.com/add-adhd/childhood-adhd/understanding-adhd-basics

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
Is Homework Beneficial to Students with Dissabilities Such as ADHD	, “ADHD or Attention Deficit Hyperactivity Disorder is a chronic condition marked by persistent inattention, hyperactivity and sometimes impulsivity. ADHD begins in childhood and often lasts into adulthood”	Homework is beneficial to students with ADHD because it enhances student learning outside of school, it informs parents of what students are learning about in the classroom, and it builds the proper foundation for these specific students to support them on activities for the following day.	It defines ADHD, so that the reader will further understand the topic.

* The author or sources of this article has no bias. The content of the article was studied upon by prominent group and/or association and was reviewed by a reputable person.

This article is published last July 2017 by a highly regarded sources.

Note Taking Sheet: Reading # 2

1. Tinian Elementary School
2. Maria Sonia L. Pascua – Teacher Aide
3. Special Education Program
4. September 2017

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<p>Is there a proof that homework improves student with ADHS learning and/or grades.</p>		<p>Student A is very quiet, slow moving, struggles with focus and organization. This characteristic is not a hindrance for him to learn. This student needs enough attention to guide him appropriately in order to learn what is being taught in the classroom. Furthermore, motivation also helps in completing his task. The time span spent on his movement is limited. The student would need to pause from time to time but will still be able to finish the assigned activity. Student A is currently going through speech and occupational therapy twice a week to stimulate his motor ability.</p> <p>Student B is the opposite of the first; she is hyperactive, smart, and quick in doing all her tasks. She is an outgoing student. She can follow instructions instantly but proper guidance is still necessary. She is friendly, outspoken, and helpful to herself with several things. However,</p>	<p>To establish the characteristics and capabilities of an ADHD student in accomplishing homework.</p>

		her tantrums can be overwhelming.	
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This article was gathered through a first- hand experienced handling 2 students with ADHD disability at Tinian Elementary School for the last school year.

Note Taking Sheet: Reading # 3

1. Colton, Joanne, Baker, Sara T., Wilson Joe
2. The Psychology of Education Review
3. “An exploratory case study of three children with ADHD and social difficulties: child and parent responses to an educational interventions designed to facilitate self-regulation and deep learning.”
4. Vol. 39. Pg. 2, Autumn 2015
5. Autumn 2015

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<p>Creates opportunities for students to interact with parents</p> <p>Provides opportunities for parents to be engaged in their child’s learning progress.</p>	<p>“An innovative approach using a combination of exploratory talk and deep learning educational techniques was tested for feasibility with social skills learning in ADHD children. The sample size was small and thus not generalizable, but allowed for more in-depth analysis of both quantitative and qualitative data, and supported findings in other research of positive self-perception bias and pragmatic language difficulties. Results for exploratory talk</p>	<p>Parents are so valuable in the foundation of learning and social responsibilities of ADHD</p>	<p>To understand parents involvement and guidance significance in children with disabilities learning and success</p>

	<p>were inconclusive but promising insights into maximizing engagement in similar future interventions with ADHD families” (American Psychiatric Association, 2013). There are several types of test done and most of them are collaboration with parents. Parents are so valuable in the foundation of learning and social responsibilities of ADHD</p>		
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* The author or sources of this article has no bias. The content of the article was studied upon by prominent group and/or association and was reviewed by a reputable person.

This article was published in 2013 by a highly reputable source.

Note Taking Sheet: Reading # 4

1. Kathy Hardie-Williams
2. MEd, MS, NCC, LPC, LMFT
3. Good Therapy.org
4. Do Homework Assignments Help or Hinder Student Learning?
5. January 20, 2016
6. Pages: 1
7. Website URL: <https://www.goodtherapy.org/blog/do-homework-assignments-help-or-hinder-student-learning-0121165>

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
The pros and cons of homework to the learning of students	Homework creates opportunities for students to interact with their parents. This may be seen when parents help	Homework is beneficial to the learning of	To show the impact of homework to

<p>with disabilities such as ADHD.</p>	<p>their child to do their homework. It is through homework where bonding, giggles and even difficulties in completing the task are being shared. It can promote student independence and self-discipline; this is where the student has to challenge and be responsible in doing the homework alone, and to make sure that the lesson was understood. It also provide opportunities for parents to be engaged with their child's learning progress. Parents are usually occupied from earning a living for the family, and homework somehow allows parents to inquire or intervene during the process of doing the task. There are circumstances that does not guarantee that students' learning gains will be higher. This happens when the student procrastinates; they become irresponsible and may not be properly supported by parents. Students who study hard will always gain. There is always a right time for everything. Student must know which is more important during the given time. Time management will come in this part</p>	<p>students with ADHD.</p>	<p>students with ADHD</p>
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* The author or sources of this article has no bias. The content of the article was studied upon by prominent group and/or association and was reviewed by a reputable person.

This articles was published on January 20, 2016 by a highly reputable source.

Note Taking Sheets: Reading # 5

1. Kathy Johnson
2. Publisher: EBSCO
3. Source: Education Digest
4. Top 5 Ways to Help Students with ADD/ADHD
5. Year Written: November, 2011
6. Pages: 1
7. Northern Marianas Library

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
Homework is beneficial to students learning abilities.	“People can be trained to improve attention. All of us can improve brain function by training daily, intensely and for a significant period of time, when habits are formed by repeating an action every day for four weeks, new neural pathways are created in the brain. Training for attention is no different. It takes work, but the result can be significant.	Homework enhances attention and it stimulates the brain.	This proves that students with ADHD can be improve with proper training and guidance.

* The author or sources of this article has no bias. The content of the article was studied upon by prominent group and/or association and was reviewed by a reputable person.

This articles was published on November 2011 by a highly reputable source.

Note Taking Sheets: Reading # 6

1. Mary Mcgee
2. Education Psychologist
3. PSS SPED Program
4. Letter to the Expert

5. E-mail to Maria Sonia L. Pascua

6. How Is Home Beneficial to Students with Disabilities Such ADHD

7. October 29, 2017

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
<p>Understanding how ADHD students adapt learning in the classroom.</p>	<p>Forcing an ADHD child to sit still is harder than hard. It is often better to put their seat in a place where they can stand up if need be. They focus sometimes better if they can wiggle or stand. One doesn't want them to disturb others however, some ADHD kids are just inattentive. They are harder to identify. They are quiet and just don't focus, attend or do work.</p>	<p>Understanding and being aware of each student's ADHD symptoms has a great impact to improve their academic achievement. There are different types of ADHD, it can be inattentive or hyperactive. An inattentive ADHD student has a short span of focus or sometimes can't focus at all. They stare at blank spaces and keeping quiet all the time. Hyperactive ADHD student are those who can't stop moving and it is hard to keep them seated. Teaching students with ADHD is challenging, although it is not impossible for them to learn. By providing constant and proper education in school and at home, we can make them be achievers and successful in life.</p>	<p>It is very important to understand student with ADHD to be able to know the teaching strategies.</p>

<p>To know the factors of ADHD student's learning strengths and weaknesses.</p>	<p>A child or an adult with ADHD, you must also look at IQ. If the IQ is average and there are no other issues besides ADHD, then it is a question of just how ADHD the child is. A mild case can often be dealt with much as a regular education child. A severe case needs intervention. Behavioral and if possible, medical. Many people shy away from medicine to treat ADHD, but it is often the only thing that can get the child to attend and focus. Then, once focused, behavioral interventions work better and counseling to help the child learn how to compensate helps.</p>	<p>The learning capability of an ADHD student depends on the severity of the symptoms; however, aside from the severity of the symptoms, the intelligence quotient of a student with disability should be considered. Students with mild and moderate symptoms can be treated the same as regular education student, and they are fit to do the same lessons and activities like others do. Severe cases of ADHD in a student needs medical and behavioral interventions. The medicine for this disability helps them to be calm and focus. Once the student is calm and focus, learning will then be a lot easier</p>	<p>To know the state of the best learning abilities of n ADHD student</p>
<p>To know the comfort zones of ADHD students when learning.</p>	<p>ADHD children need structure They function better without distractions. They need quiet. Classrooms that are structured are best for them. Noisy classrooms are really hard for them to focus and do their work.</p>	<p>There are essential factors to consider about ADHD learning. The school and the home should be structured according to how an ADHD student is. They need a room which is quiet, and no distractions, and where they can stand</p>	<p>To know the best structure set up where ADHD students learn best.</p>

		up once in a while to be able to get back to focus. Medication is very important to keep them focused and to lessen hyperactivity and impulsivity. They need proper attention and they need to be understood.	
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* The author or sources of this article has no bias. The content of the article was provided upon by a reputable person.

This articles was sent to the writer by a reputable expert on October 19, 2017 by a highly reputable source.

Note Reading Sheets: Reading # 7

1. Maria Sonia L.
2. Student at Northern Marianas College
3. Survey Monkey
4. How is Homework beneficial to Students with ADHD?
5. 8 Responses

Main Ideas/Points	Important Quotations	Supporting Details	Relevance to Your Assignment
Homework is beneficial to students with disabilities such as ADHD.	Four out of seven participants of the survey has no idea of this disability. Eighty seven percent of the data gathered on the survey agreed that homework is beneficial to students with disabilities such as ADHD.	Survey Monkey Q1: How is homework beneficial to students with disabilities such as ADHD gathered a highest vote of 87 %.	To defend my research topic and a roof that even if a lot people are not aware of the ADHD disability, still believes that homework is

			beneficial to these students.
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* The author or sources of this article has no bias. The questionnaire was uploaded to Survey Monkey which is a reputable organization.

Presentation I

Research Proposal

Maria Pascua
ENGLISH 101
Dr. K. Bunts-Anderson

Research Questions:

How is homework beneficial to students with specific disabilities such as ADHD?

What are the important factors to consider in educating an ADHD student?

How does an ADHD student adapt to learning and homework?

How is homework essential to a parent-student relationship?

ARGUMENT:

Homework *is* beneficial to students with ADHD.

Thesis

- ✓ Homework is beneficial to students with ADHD because it enhances student learning outside of school, informs parents of what students are learning about in the classroom, and builds the proper foundation and background knowledge.

Homework enhances student learning outside of school

- ✓ Homework promotes ADHD students independence and self-discipline.
- ✓ Homework helps develop and stimulate ADHD students motor ability and brain functions.
- ✓ Homework improves ADHD students capabilities toward success.

Homework informs parents of what students are learning about in the classroom

- ✓ Creates opportunities for students to interact with parents
- ✓ Provides opportunities for parents to be engaged in their child's learning progress.

Homework builds the proper foundation and background knowledge for students with ADHD.

ADHD student can collaborate with their parents comfortably while doing the homework.

Homework helps stimulate the mind and ability of ADHD.

Concluding Statement

- ✓ Homework allows parents to know and understand the level of complexity towards the pursuit to academic achievements of an ADHD students.
- ✓ It is important for educators and parents to know and understand the students with ADHD symptoms and intelligence quotient, so that they can acquire good knowledge and skills of what is being taught.
- ✓ All of the data and information gathered and analyzed proves that ADHD students are entitled to the same education as other regular students.
- ✓ Therefore, "Homework is Beneficial to Students with Disabilities Such as ADHD."

References

- Colton, Joanne, Baker, Sara T., Wilson Joe. "An exploratory case study of three children with ADHD and social difficulties: child and parent responses to an educational interventions designed to facilitate self-regulation and deep learning." *The Psychology of Education Review*. Vol. 39. Pg. 2, Autumn 2015.
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 - Kathy Johnson (November 2011) *Educational Digest*. *Top 5 ways to help Students with ADD/ADHD*
 - McGee, Mary. Re: "How is Homework Beneficial to Students with Disabilities Such as ADHD?" "Message to Maria Sonia L. Pascua: 29 Oct. 2017. E-mail
 - SurveyMonkey, Topic: "How is Homework Beneficial to Students with Disabilities Such as ADHD?" *Class Peer Survey*. 08, October 2017. [surveymonkey./jr/GCVYYP8](https://www.surveymonkey.com/jr/GCVYYP8).
 - Parents, Teachers, Students. *Tinian Elementary School Special Education Program*. Personal Interview and Observation. October 2017.
 - Webmd. (n.d.). *Understanding ADHD – the Basics*. Retrieved September 08, 2017

Writing Progress Schedule

Dates	Particulars	Status
Sep. 4-10, 2017	Draft Research Questions	Finished
	Draft Researched Proposal Plan	Finished
Sep. 11-Oct. 24, 2017	Start Gathering Data from Diff. Sources	In Progress
Oct. 25- Nov. 14, 2017	Organization of Data Collected	In Progress – Completion
Nov. 15- 23, 2017	Editing, Proofreading, Revising of the Project	In Progress - Completion
Nov. 24- Dec. 3, 2017	Submission of the Final Draft of the Project Essay	In Progress - Completion

“How is Homework Beneficial to Students with Disabilities Such as ADHD?”

Introduction: Thesis

Homework is beneficial to students with ADHD because it enhances student learning outside of school, informs parents of what students are learning about in the classroom, and builds the proper foundation and background knowledge.

Research Question #1: How is homework beneficial to students with ADHD disabilities?

Research Question #2: What are the important factors to consider in educating an ADHD student?

Research Question #3: How does an ADHD student adapt to learning and homework?

Research Question #4: How is homework essential to a parent-student relationship?

Research Question #5: Is it possible for an ADHD student to become successful?

PROPOSAL PLAN

1. Interview about 5-10 students and parents in school.
2. Interview respective ADHD student's teachers.
3. Observe the students with ADHD in the classroom.
4. Search data and information about the topic through different sources.
5. Examine and organize data or information found.
6. Complete the writing of the Research Project.
7. Edit, proofread, revise the project.
8. Submission

Conclusion:

Education is for everyone whose desires are to achieve and to be successful in life, and students with ADHD are not limited to be one. To study is to expand the knowledge and to have the ability to deal effectively with the challenges in life. A person with ADHD is not exempted to the opportunity education provides. They have the capacity to be as successful as a normal person, provided with proper guidance and treatment to the level of their disabilities. Homework, therefore, is beneficial to students with ADHD because it helps improve their learning. Homework also allows parents to know and understand the level of complexity towards the pursuit of academic achievements of an ADHD student.

Process Essay of Data Collection

Homework Is Beneficial to Students with ADHD

Maria Sonia L. Pascua

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Homework Is Beneficial To Students with ADHD

Process Essay

Homework can become a gateway in developing a parent-student-teacher relationship and in improving the skills of an ADHD student. It is the inevitable part of the growth of students. Teachers can only provide so much information in the classroom for learning. It is crucial that parents follow up at home through homework. Homework creates familiarity and consistency of lessons learned in school. As a result, an ADHD student will get used to acquiring skills through instruction. This ensures consistency both in the classroom and at home. Homework is beneficial to students with ADHD because it enhances the student learning outside of school, it informs parents of what students are learning about in the classroom, and it builds the proper foundation for these specific students to support them on activities for the following day. This essay will allow the reader to know and understand the process of gathering the data which are useful for the research project.

After the deep planning and critical thinking of the thesis, the introduction was produced in where the thesis was included. Next is the brainstorming of ideas or supporting evidences by creating research question that pertains to the main topic; for example, “How is homework beneficial to students with disabilities such as ADHD?” The research questions are the guidelines in writing and collecting data from different sources. Several types of data collections were made: observation of students with ADHD disabilities during class hours and conduction of interviews with their specific teacher and parents. These are first-hand information to write about. Survey is also a type of data collection used for this project. A set of survey questions was disseminated to ten knowledgeable people in regards to ADHD. Letter to experts provides useful information, and it was done upon the instructor’s approval. Searching the NMC library and online sites for more

data were done to make this research more meaningful. Make certain that all data gathered are with their respective references information, so referencing will be easier at the end of the paper.

The next step is to evaluate and organize the data or information in a sequential manner before adding it to the body of the paper. The reader or audience's interests will be captured by an orderly arrange data. Consider and re-think arguments, review the evidence, and re-organize the presentation of paper as needed. Lastly, proofreading and editing should be observed. Examine and make corrections on your text for typographical error, correct usage of punctuation marks, and grammatical errors and spelling. The main objective of proofreading is to ensure that the document is absolutely perfect in terms of grammar and vocabulary. It is best to have someone else proofread your work to scrutinize and critically look into it in their perspective.

In conclusion, the most crucial part of the process of an essay is the data gathering. It is the part of writing that needs a lot of time on research by reading, thinking, consideration, writing data, evaluation, organization, and proofreading. Process essays show the reader the series of action or steps taken in order to achieve a good composition of an essay.

Homework is Beneficial to Students with Disabilities Such as ADHD

Maria Sonia L. Pascua

Northern Mariana Islands

English Writing Composition

Kimberly Bunts-Anderson

November 19, 2017

Homework is Beneficial to Students with Disabilities Such AS ADHD

“Don’t study because you need to. Study because knowledge is power. Study because they can never take it away from you. Study because you want to know more. Study because it enhances you. Study because it grows you.” – unknown. The act of studying should not end in the classroom. Rather, it should always be extended to home. The key to success is to accomplish all educational goals; goals like completing primary and secondary education, as well as a college degree. By doing this, we are setting ourselves up for a lifetime of success and stability in our lives. It is important that children are encouraged to fulfill their primary and secondary schooling.

Homework can become a gateway in developing a parent-student-teacher relationship and in improving the skills of an ADHD student. It is the inevitable part of student growth. . It is important to know what ADHD means and all its aspects to be able to write about it. ADHD disability is not common to a lot of people. According to the data gathered from Survey Monkey, eighty seven percent have agreed that homework is beneficial to students with disabilities such as ADHD. (2017) Teachers can only provide so much information in the classroom for learning. It is crucial that parents follow up at home through homework. Homework creates familiarity and consistency of lessons learned in school. As a result, an ADHD student will get used to acquiring skills by instruction. This ensures consistency both in the classroom and at home. Students with ADHD needs the same education as other children. Their disability requires a lot of understanding to be able to know how to deal with their learning. Each one of them has different capabilities, and their capabilities depend on the level of their symptoms and medical treatment. Homework is beneficial to students with ADHD because it enhances the student learning outside of school, it informs parents of what students are learning about in the classroom, and it builds the proper foundation for these specific students to support them on activities for the following day.

“ADHD or Attention Deficit Hyperactivity Disorder is a chronic condition marked by persistent inattention, hyperactivity and sometimes impulsivity. ADHD begin in childhood and often lasts into adulthood.” (WebMd, 2017) People with ADHD have some differences on the parts of their brain that control attention and activity. This means that they may have trouble focusing on their task or activity. “People can be trained to improve attention. All of us can improve brain function by training daily, intensely, and for a significant period of time. When habits are formed by repeating an action every day for four weeks; new neural pathways are created in the brain. Training for attention is no different. It takes work, but result can be significant.” (Johnson, 2011)

Understanding and being aware of each student’s ADHD symptoms has a great impact to improve their academic achievement. There are different types of ADHD, it can be inattentive or hyperactive. An inattentive ADHD student has a short span of focus or sometimes can’t focus at all. They stare at blank spaces and keeping quiet all the time. Hyperactive ADHD students are those who can’t stop moving and it is hard to keep them seated. Teaching students with ADHD is challenging, although it is not impossible for them to learn. By providing constant and proper education in school and at home, we can make them be achievers and successful in life. (Mcgee 2017)

Based on my experience, working with students who have ADHD can be very challenging. There is a big difference in their behavior, learning skills, intelligence, and overall attitude. For example, Student A is very quiet, slow moving, struggles with focus and organization. This characteristic is not a hindrance for him to learn. This student needs enough attention to guide him appropriately in order to learn what is being taught in the classroom. Furthermore, motivation also helps in completing his task. The time span spent on his movement

is limited. The student would need to pause from time to time but will still be able to finish the assigned activity. Student A is currently going through speech and occupational therapy twice a week to stimulate his motor ability. Student B is the opposite of the first; she is hyperactive, smart, and quick in doing all her tasks. She is an outgoing student. She can follow instructions instantly, but proper guidance is still necessary. She is friendly, outspoken, and helpful to herself with several things. However, her tantrums can be overwhelming. Both students are capable of learning. Proper guidance and treatment will get them through their primary and secondary education. (Tinian Elementary School SPED, 2017)

The learning capability of an ADHD student depends on the severity of the symptoms; however, aside from the severity of the symptoms, the intelligence quotient of a student with disability should be considered. Students with mild and moderate symptoms can be treated the same as the regular education student, and they are fit to do the same lessons and activities like others do. Severe cases of ADHD in a student needs medical and behavioral interventions. A medicine for this disability helps them to be calm and focus. Once the student is calm and focus, learning will then be a lot easier. (Mcgee 2017)

Homework improves effectiveness of the ADHD students in school. It is important for teachers to know the element aid in making homework more effective to learners. There are three types of homework assignments: interpersonal, interactive, and project-based assignments. Project based homework is the best; it is where the family can be involved. A correct motivation from the teachers and the parents is highly valued in the effectiveness and success of a learner. An exploratory case study was made to further understand the learning capacity of ADHD in which parental involvement is very important.

The study reflects on the “child and parent responses to an educational intervention designed to facilitate self-regulation and deep learning. It concludes, an innovative approach using a combination of exploratory talk and deep learning educational techniques was tested for feasibility with social skills learning in ADHD children. The sample size was small and thus not generalizable, but allowed for more in-depth analysis of both quantitative and qualitative data, and supported findings in other research of positive self-perception bias and pragmatic language difficulties. Results for exploratory talk were inconclusive but promising insights into maximizing engagement in similar future interventions with ADHD families.” (Colton, 2013)

There are several types of tests done and most of them are collaboration with parents. Parents are so valuable in the foundation of learning and social responsibilities of ADHD

Homework creates opportunities for the ADHD students to interact with their parents. This may be seen when parents help their child in doing their homework. It is through homework where bonding, giggles, and even difficulties in completing the task are being shared. It can promote student independence and self-discipline; this is where the student has to challenge and be responsible in doing the homework alone, and to make sure that the lesson was understood. It also provides opportunities for parents to be engaged with their child’s learning progress. Parents are usually occupied from earning a living for the family, and homework somehow allows parents to inquire or intervene during the process of doing the task. There are circumstances that do not guarantee that students’ learning gains will be higher. This happens when the student procrastinates; they become irresponsible and may not be properly supported by parents. Students who study hard will always gain. There is always a right time for everything. A student must

know which is more important during the given time. Time management will come in this part. (Williams, 2017)

Homework informs parents of what their child is learning about in school. Isn't it good for parents to know the level or the accomplishments of their children in school? Homework is one step to awareness of how well a student performs in school. Parents who help their children with their homework will have the information if the student is being able to cope with the lessons taught in the classroom. It could also be a way to improve the student's study habits. Usually, students who have hands-on parents on their studies become more successful in life. Homework builds the proper foundation for students with ADHD to support them on activities for the following day. Teachers and parents are working closely to ensure ADHD students are provided a proper education according to the level of their disability. Homework, most especially, are of great significance to ADHD students because this is where the parents-student-teacher interaction takes place. It is very important for both parties to identify the development or the issue that needs improvements towards a successful ADHD learner.

There are essential factors to consider about ADHD learning. The school and the home should be structured according to how an ADHD student is. They need a room which is quiet, and no distractions, and where they can stand up once in a while to be able to get back to focus. Medication is very important to keep them focused and to lessen hyperactivity and impulsivity. They need proper attention and they need to be understood. (Mcgee, 2017)

It is important for educators and parents to know and understand the level of a child's symptoms and their intelligence quotient, so that the ADHD student can acquire good knowledge and skills of what is being taught. Homework and learning depends on

the severity of the symptoms. The medication provided for this type of disability is a great help to keep them focus and attentive while studying. In order to keep their focus, the students with ADHD needs a structured learning environment. All data and information gathered and analyzed proves that students with ADHD disability are no less than a regular education student when it comes to homework and learning, because all of them have the same right to education and to be successful. Therefore, homework is beneficial to students with disabilities such as ADHD. (Mcgee, 2017)

Education is for everyone whose desires are to achieve and to be successful in life, and students' with ADHD are not limited to be one. To study is to expand the knowledge and to have the ability to deal effectively with the challenges in life. A person with ADHD is not exempted to the opportunity that education provides. They have the capacity to be as successful as a normal person, provided with proper guidance and treatment to the level of their disabilities. Homework, therefore, is beneficial to students with ADHD because it helps improve their learning. Homework also allows parents to know and understand the level of complexity towards the pursuit of academic achievements of an ADHD student.

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The Expository Essay

“Homework is Beneficial to Students with ADHD”

Maria Sonia L. Pascua

Northern Marianas College

EN101 ONO1

English Writing Composition

Dr. Kimberly Bunts-Anderson

November 16, 2017

Expository Essay / Argumentative Essay

“Homework is Beneficial to Students with Disabilities Such as ADHD”

The arguments has been marked by a good and legitimate evidence through research, which explains and defines how ADHD students can relate to homework and learning. It is important to know what ADHD means and all its aspects to be able to write about it. ADHD is not known to many people, for the fact that four out of seven participants on the survey has no idea of this disability. Majority of the data gathered on the survey agreed that homework is beneficial to students with disabilities such as ADHD (Survey Monkey). The idea of this paper is according to Mary Mcgee, an educational psychologist, and through the response made to the letter to the expert. The information provided are very relevant to the topic. The thesis is, “Students with ADHD needs the same education as other children. Their disability requires a lot of understanding to be able to know how to deal with their learning. Each one of them has different capabilities, and their capabilities depend on the level of their symptoms and medical treatment. Another thing to consider is the learning environment of this particular student.”

Understanding and being aware of each student’s ADHD symptoms has a great impact to improve their academic achievement. There are different types of ADHD, it can be inattentive or hyperactive. An inattentive ADHD student has a short span of focus or sometimes can’t focus at all. They stare at blank spaces and keeping quiet all the time. Hyperactive ADHD student are those who can’t stop moving and it is hard to keep them seated. Teaching students with ADHD is challenging, although it is not impossible for them to learn. By providing constant and proper education in school and at home, we can make them be achievers and successful in life.

The learning capability of an ADHD student depends on the severity of the symptoms; however, aside from the severity of the symptoms, the intelligence quotient of a student with

disability should be considered. Students with mild and moderate symptoms can be treated the same as regular education student, and they are fit to do the same lessons and activities like others do. Severe cases of ADHD in a student needs medical and behavioral interventions. The medicine provided for this disability helps them to be calm and focus. Once the student is calm and focus, learning will then be a lot easier.

There are essential factors to consider about ADHD learning. The school and the home should be structured according to how an ADHD student is. They need a room which is quiet, and no distractions, and where they can stand up once in a while to be able to get back to focus. Medication is very important to keep them focused and to lessen hyperactivity and impulsivity. They need proper attention and they need to be understood.

Student with ADHD need the same education as other children. It is important for educators and parents to know and understand the level of a child's symptoms and their intelligence quotient, so that the ADHD student can acquire good knowledge and skills of what is being taught. Homework and learning depends on the severity of the symptoms. The medication provided for this type of disability is a great help to keep them focus and attentive while studying. The students with ADHD needs a structured learning environment, in order to keep their focus. All data and information gathered and analyzed proved that students with ADHD disability are no less than a regular education student when it comes to homework and learning, because all of them have the same right to education and be successful. Therefore, to defend my research topic, yes, homework is beneficial to students with disabilities such as ADHD.

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Appendix A

Pilot Survey

1. How would you rate "Homework is Beneficial to Students with Disabilities such as ADHD"?

Strongly disagree

Disagree

Agree

Strongly agree

2. How frequent does your ADHD student have homework from school?

Everyday

Once a week

Two or more per week

None at all

3. What do you think is the average time span for an ADHD student to stay focused on their tasks? Explain

4. How do you prepare an ADHD student before doing his/her homework or activities? Does one have its own comfort zone to do a task?

5. How would you classify the ADHD condition of your child/student (average, mild, severe) ?Please cite evidences as to why your answer is such.

6. What is the rate of an ADHD student/child in terms of learning a concept of a subject?

Immediate intervention

below grade level

on grade level

above grade level

7. Based on your observation as a teacher/parent, how does an ADHD student learn best?

One-to-one

Whole group discussion

Small group discussion

Peer tutoring

Other

Other (please specify)

8. Do homework assignments improve student learning/grades?

disagree neutral agree

9. Based on your experiences of handling ADHD learners, do you think they should be given assignments to be done at home? Explain.

10. In general, are you satisfied with the education provided by the SPED program of your community to learners with disabilities such as ADHD?

very dissatisfied dissatisfied neutral satisfied very satisfied

Survey for Peers

" Attention deficit hyperactivity disorder (ADHD) affects children and teens and can continue into adulthood. ADHD is the most commonly diagnosed mental disorder of children. Children with ADHD maybe hyperactive and unable control their impulses. Or they may have trouble paying attention."

1. Are you aware of ADHD disability?

yes

no

2. Is homework assignments helpful to improve ADHD students learning?

Very helpful

Not very helpful

3. ADHD students should be given homework like any other students?

Agree

Disagree

4. Do you have a relative or family member with ADHD?

Yes

No

5. From the choices below, rank the strategies (most effective to least effective) that deal with catering to an ADHD student's learning style.

one- to- one

peer tutoring

differentiated instruction

after school tutor

whole group discussion

small group discussion

6. Do you think your learning style will be affected if you have an ADHD classmate in a classroom setting?

yes

no comment

no

7. Do you think ADHD students are capable of completing homework?

Yes, do you think so?

No, you don't think so?

**8. In your opinion, to what extent homework would benefit student with ADHD?
Rate 1-10, 10 being the most**

**9. What do you think is the best strategy can be use at home for the child to complete homework assignments?
Select all that applies.**

be there

do it yourself

set the stage

get him/her moving

make it fun

10. In general, how pleased are you with the education that the SPED program in your community provides to learning with disabilities such as ADHD?

**Very
dissatisfied**

Dissatisfied

Neutral

Satisfied

Very Satisfied

Appendix B

Letters to Experts

Maria Sonia L. Pascua - Student
English Writing Composition
Northern Marianas College
Tinian MP 96952
October 22, 2017

Ms. Amanda Hughes – Psychologist
Special Education Program
Public School System, Saipan
Re: ADHD

Dear Ms. Hughes,

Greetings! I am Maria Sonia L. Pascua, a resident of Tinian. I am an English composition student of Northern Marianas College (NMC) in Tinian. I would like to humbly ask your assistance for my project this semester about the learning of ADHD students. As a successful psychologist in the field of special education, you are the most eligible person to seek for an insight. I would like to ask for your opinion, information or experiences on ADHD student. In view of this, may I request for a phone interview appointment with you in your most convenient and possible time.

Alternatively, I have enclosed survey questions, in case you will not be available for a phone interview because I know how busy you are in your field of work. Perhaps you can take a few minutes to respond to the questionnaire.

Thank you so much for taking time to read this letter and I greatly appreciate any assistance you will provide on my project. Please kindly send me your response through my email address: maria.pascua@my.marianas.edu

Respectfully yours,

Maria Sonia L. Pascua

Maria Sonia L. Pascua - Student
English Writing Composition
Northern Marianas College
Tinian MP 96952
October 22, 2017

Mr. Tai Doram – Behavioral Specialist
Public School System
Special Education Program
Saipan MP. 96952
Re ADHD

Dear Mr. Doram,

Greetings! I am Maria Sonia L. Pascua, a resident of Tinian. I am an English composition student of Northern Marianas College (NMC) in Tinian. I would like to humbly ask your assistance for my project this semester about the learning of ADHD students. As a successful behavioral specialist in the field of special education, you are the most eligible person to seek for an insight. I would like to ask for your opinion, information or experiences on ADHD students. In view of this, may I request for a phone interview appointment with you at your most convenient and possible time.

Alternatively, I have enclosed survey questions, in case you will not be available for a phone interview because I know how busy you are in your field of work. Perhaps you can take a few minutes to respond to the questionnaire.

Thank you so much for taking time to read this letter and I greatly appreciate any assistance you will provide on my project. Please kindly send me your response through my email address: maria.pascua@my.marianas.edu

Respectfully yours,

Maria Sonia L. Pascua

Maria Sonia L. Pascua - Student
English Writing Composition
Northern Marianas College
Tinian MP 96952
October 22, 2017

Ms. Mary Mcgee – Educational Psychologist
Special Education Program
Public School System, Saipan
Re: ADHD

Dear Ms. Mcgee,

Greetings! I am Maria Sonia L. Pascua, a resident of Tinian. I am an English composition student of Northern Marianas College (NMC) in Tinian. I would like to humbly ask your assistance for my project this semester about the learning of ADHD students. As a successful educational psychologist in the field of special education, you are the most eligible person to seek for an insight. I would like to ask for your opinion, information or experiences on ADHD student. In view of this, may I request for a phone interview appointment with you in your most convenient and possible time.

Alternatively, I have enclosed survey questions, in case you will not be available for a phone interview because I know how busy you are in your field of work. Perhaps you can take a few minutes to respond to the questionnaire.

Thank you so much for taking time to read this letter and I greatly appreciate any assistance you will provide on my project. Please kindly send me your response through my email address: maria.pascua@my.marianas.edu

Respectfully yours,

Maria Sonia L. Pascua

Questionnaire:

Topic: How is Homework Beneficial to Students with Disabilities such as ADHD?

- 1. How would you rate "Homework is Beneficial to Students with Disabilities such as ADHD"?**
- 2. How frequent does your ADHD student have homework from school?**
- 3. What do you think is the average time span for an ADHD student to stay focused on their tasks? Explain**
- 4. How do you prepare an ADHD student before doing his/her homework or activities? Does one have its own comfort zone to do a task?**
- 5. How would you classify the ADHD condition of your child/student (average, mild, severe) ?Please cite evidences as to why your answer is such.**
- 6. What is the rate of an ADHD student/child in terms of learning a concept of a subject?**
- 7. Based on your observation as a teacher/parent, how does an ADHD student learn best?**
- 8. Do homework assignments improve student learning/grades?**
- 9. Based on your experiences of handling ADHD learners, do you think they should be given assignments to be done at home? Explain.**
- 10. In general, are you satisfied with the education provided by the SPED program of your community to learners with disabilities such as ADHD?**

Appendix C

Letter to experts response – Ms. Mary Mcgee

Basically your questions are interesting.

A child or an adult with ADHD, you must also look at IQ. If the IQ is average and there are no other issues besides ADHD, then it is a question of just how ADHD the child is. A mild case can often be dealt with much as a regular education child. A severe case needs intervention. Behavioral and if possible, medical. Many people shy away from medicine to treat ADHD, but it is often the only thing that can get the child to attend and focus. Then, once focused, behavioral interventions work better and counseling to help the child learn how to compensate helps. Educating an ADHD child can be challenging depending on just how ADHD the child is. It also depends on how structured the home and the classrooms are.

ADHD children need structure. They need to know limits. They also need to be understood. They also need the same education as other children. After all, they will have to face the world and the more they learn, the better. Giving in to them and not making them accountable just leaves them weaker and less able to cope in later life. (That holds true for many of the SPED kids)

They function better without distractions. They need quiet. Classrooms that are structured are best for them. Noisy classrooms are really hard for them to focus and do their work.

Forcing an ADHD child to sit still is harder than hard. It is often better to put their seat in a place where they can stand up if need be. They focus sometimes better if they can wiggle or stand. One doesn't want them to disturb others however, some ADHD kids are just inattentive. They are harder to identify. They are quiet and just don't focus, attend or do work.

Counseling sometimes helps them understand how to behave. Touching others or impulsively hitting someone is not good. They have to learn that. They have to learn how to make and keep friends. Often these kids are immature. They need help understanding how to be social. Running around class is no good. Yelling in class is no good. They just have to learn to think before they act. That is very hard for some of them. (unless they are on meds.... often they learn better and are better socially on meds.)

You asks about should they get the same homework etc. It all depends on the child. IF IQ is average or better, and if the ADHD is not terribly severe, yes... they probably should have the same homework, and classwork. If they just can't get it done and parents are against medication.... then yes, sometimes assignments are shortened. In the long run, if they are learning and are successful academically that is what counts.

Check out CHADD that is a web site for children and adults who have ADHD. I haven't looked at it in years, but it used to be a good site.

Most good university hospitals have something on ADHD... Johns Hopkins , National Institute of Mental Health, There are many others. There is also a monthly adhd journal.

There are a number of professors who have studied this disorder for as much as 30 years. They often have good information.

Appendix D

Conducting Primary Research

“How is Homework Beneficial to Students with Disabilities Such as ADHD”

As we are about ready to write the gathered information for the research project: it is important to analyze and organize the information before writing. Primary research is any type of research that we go out and collect ourselves. Examples include surveys, interviews, observations and ethnographic research. Conducting primary research is a useful skill to acquire as it can be useful for the research project.

In discovering answers to the research topic for the project, some methods are used to gather information. The first method is observation. Fortunately, with the opportunity to work with some students with ADHD, a direct access to their learning behavior and character in the classroom are very useful in gathering information, as well as understanding my topic.

There is a big difference on their behavior, learning skills, intelligence, and overall attitude. For example, Student A is very quiet, slow moving, struggles with focus and organization. This characteristic is not a hindrance for him to learn. This student needs enough attention to guide him appropriately in order to learn what is being taught in the classroom. Furthermore, motivation also helps in completing his task. The time span spent on his movement is limited. The student would need to pause from time to time but will still be able to finish the assigned activity. Student A is currently going through speech and occupational therapy twice a week to stimulate his motor ability.

Student B is the opposite of the first; she is hyperactive, smart, and quick in doing all her tasks. She is an outgoing student. She can follow instructions instantly but proper guidance is still necessary. She is friendly, outspoken, and helpful to herself with several things. However, her tantrums can be overwhelming. Both students are capable of learning. Proper guidance and treatment will get them through their primary and secondary education. (Tinian Elementary School SPED)

Analysis: Students with ADHD disabilities have their differences. Their characteristic varies on each one's doctor's diagnosis. They can be severe or mild. The learning of a student with ADHD is depending on their characteristics, proper guidance and treatment. Homework is essential for both learners.

Another way of primary research is through interviews. Interviews are one-on one question and answer session. Interviews will provide a lot of useful and knowledgeable opinion on the topic. Conducted interviews with the student's teachers and parents respectively.

On an interview made with the parent of student A, it was stated that the child learning is improved by providing classwork, activities and homework and they were happy to see the development of the child. The parent do follow up at home by helping the child in homework. The parent also make sure that the child is given

responsibilities and provided the equal treatment to a child with no disabilities. The parents know the behavior, attitude and capabilities of the child. The parent believes homework is beneficial to Student A. (Parent of Student A)

On an interview with the teacher of Student A, it was stated that the child is well behaved, sits quietly and stares into space and needs to be called attention constantly to focus. Student A is good with words and reading them, can form and write simple sentences, and the student is able to read good but unable to answer comprehensive questions without visual support. Able to compute simple math problems but needs extensive support even with manipulatives. The student has difficulties staying focus and easily gets distracted, and because of this behavior: the student has difficulty in listening and following instructions, comprehending questions from reading assignments. The student needs constant supervision, motivation and monitoring to focus and complete assignments and/or tasks.

The span of time of focus of an ADHD is very limited. The student has to pause from time to time from an activity or classwork to regain focus. The teacher stated that homework is valuable to enhance the learning of Student A outside the classroom. (Teacher of Student A)

Analysis: ADHD student is capable of learning, although some type of ADHD needs constant supervision, motivation and monitoring to keep them focus and to complete their assignments or task.

Another way to conduct primary research is through the letter to the experts. The letter to the experts was an assignment for this course, and it was upon the instructor's permission that we can send it. The survey questions are attached to the letter, and this is the basis of the responses. The response on this research is the most relevant and the exact data needed to answer the research topic. The expert is an education psychologist who is very knowledgeable of the topic.

Basically your questions are interesting.

A child or an adult with ADHD, you must also look at IQ. If the IQ is average and there are no other issues besides ADHD, then it is a question of just how ADHD the child is. A mild case can often be dealt with much as a regular education child. A severe case needs intervention. Behavioral and if possible, medical. Many people shy away from medicine to treat ADHD, but it is often the only thing that can get the child to attend and focus. Then, once focused, behavioral interventions work better and counseling to help the child learn how to compensate helps. Educating an ADHD child can be challenging depending on just how ADHD the child is. It also depends on how structured the home and the classrooms are.

ADHD children need structure. They need to know limits. They also need to be understood. They also need the same education as other children. After all, they will have to face the world and the more they learn, the better. Giving in to them and not making them accountable just leaves them weaker and less able to cope in later life. (That holds true for many of the SPED kids)

They function better without distractions. They need quiet. Classrooms that are structured are best for them. Noisy classrooms are really hard for them to focus and do their work.

Forcing an ADHD child to sit still is harder than hard. It is often better to put their seat in a place where they can stand up if need be. They focus sometimes better if they can wiggle or stand. One doesn't want them to disturb others however, some ADHD kids are just inattentive. They are harder to identify. They are quiet and just don't focus, attend or do work.

Counseling sometimes helps them understand how to behave. Touching others or impulsively hitting someone is not good. They have to learn that. They have to learn how to make and keep friends. Often these kids are immature. They need help understanding how to be social. Running around class is no good. Yelling in class is no good. They just have to learn to think before they act. That is very hard for some of them. (unless they are on meds.... often they learn better and are better socially on meds.)

You asks about should they get the same homework etc. It all depends on the child. IF IQ is average or better, and if the ADHD is not terribly severe, yes... they probably should have the same homework, and classwork. If they just can't get it done and parents are against medication.... then yes, sometimes assignments are shortened. In the long run, if they are learning and are successful academically that is what counts. (Mcgee, 2017)

Analysis: This response says it all. This is the best data that can be used for the research topic. It is coming from a knowledgeable person who has an expertise of the topic. ADHD is not a hindrance to a student's learning. We also have to look on the intelligence quotient of the child. A severe case of ADHD needs intervention, while the mild case of ADHD can often be dealt as a regular education student. Providing a homework to ADHD depends on how severe their ADHD case is. If IQ is average or better, and if ADHD is not severe, then the same homework as regular education student should be given.

Lastly, another way of primary research is through survey questions. This is one of our assignment in the course. Our task is to create ten survey questions which is relevant to the research topic through survey monkey. This survey questions are for peer participants.

1. Q1. How would you rate "Homework is Beneficial to Students with Disabilities such as ADHD"?
7 out of 8 agreed
2. How frequent does your ADHD student have homework from school?
4 out of 7 answered once a week
3. What do you think is the average time span for an ADHD student to stay focused on their tasks? Explain
4 out of 7 answered 10-30 mins, 1 answered I don't know and 2 answered short span of time
4. How do you prepare an ADHD student before doing his/her homework or activities? Does one have its own comfort zone to do a task?
Its start slow but have to be attitude normal like same with other student
no experience to do this ,but it is important to feel comfortable
I would think that they would need to try to secure their attention. Yes, a comfort zone is needed to have a calm environment.
4answered I don't know
5. How would you classify the ADHD condition of your child/student (average, mild, severe) ?Please cite evidences as to why your answer is such.
5 out of 6 answered no idea or comment
6. What is the rate of an ADHD student/child in terms of learning a concept of a subject?

5 out of 7 answered below grade level

7. Based on your observation as a teacher/parent, how does an ADHD student learn best?
5 out of 7 answered one to one

8. Do homework assignments improve student learning/grades?
disagree –neutral –agree – Total –Weighted Average –
0.00% 28.57% 71.43%
0 2 5 7 2.71

9. Based on your experiences of handling ADHD learners, do you think they should be given assignments to be done at home? Explain.
3 out of 7 answered I don't know or no idea

Yes because they have to study about do it by self.

I don't have any experience with ADHD

Yes i do, because it is better if they are able to learn with the family.

NO BECAUSE THEY PROBABLY WOULD BE DISTRACTED WITH OTHER THINGS

10. In general, are you satisfied with the education provided by the SPED program of your community to learners with disabilities such as ADHD?

very dissatisfied –	dissatisfied –	neutral –	satisfied –	very satisfied –	Total –	Weighted Average –
0.00%	12.50%	87.50%	0.00%	0.00%	8	2.88
0	1	7	0	0		

Analysis: Majority of the participants have agreed on Q1, which is the main topic of the research. 71.43 % believe that homework improves student's learning. 5 out of 7 answered which is one-to-one. This is on how the ADHD student learn best. The participants also believe that homework should be provided once a week to ADHD students with 4 out of 7 votes, and so on based on the results. The information gathered in this survey is very minimal, although it is still useful to justify the arguments in the research topic. Some participants are just not aware of ADHD, that the reason why they were not able to elaborate on the survey questions.

I would preferably choose the response to the letter to the experts because it provides comprehensive data or information useful to the research topic. All of the data provided are relevant to the main topic.

Cited

Tinian Elementary School Special Education Program
Parents and Teachers, Tinian Elementary School
Mcgee, Mary, Education Psychologist
Survey Monkey