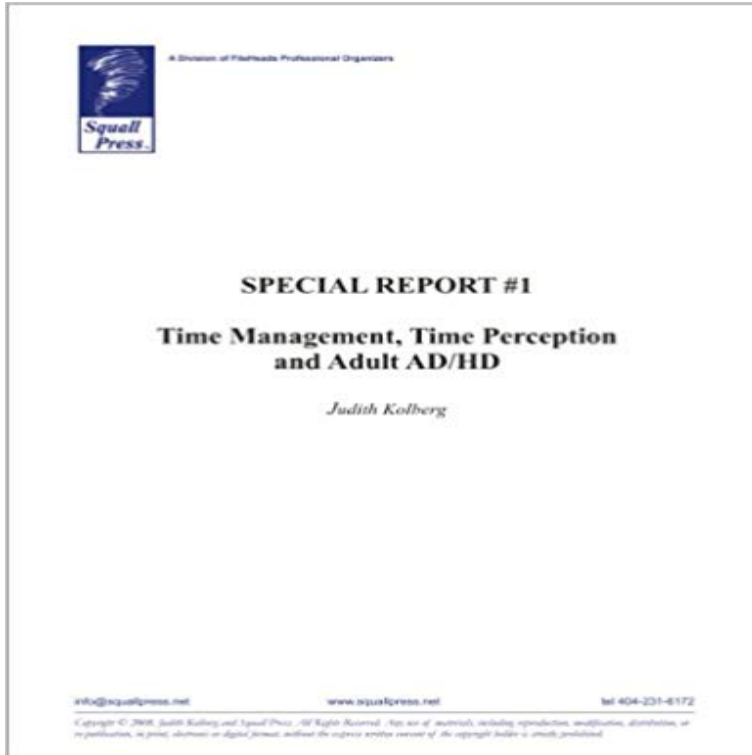


Special Report #1 - Time Management, Time Perception and Adult AD/HD



This special report summarizes Attention Deficit/Hyperactivity Disorder and discusses its impact on the management of time. The specific skills of prioritizing, planning ahead and scheduling are examined. Research on AD/HD and time perception is also presented. This report concludes with ways to strengthen time perception and use structure and tools for managing time better. It discusses how to rally natural abilities, and the role of support in improving time management. This report is 12 pages with endnotes. The Special Reports are not transcripts of the MP3s. They contain information not available in the MP3, such as endnotes, websites and other references. The MP3s are teleclass recordings, not transcriptions of the Special Reports. They contain information from a question and answer session that is not available on the Special Report. Together the Special Reports and the MP3s are the most complete information on the topics.

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