

ADHD Recall Practice Worksheet

Turn passive rereading into one small recall check that shows what you know and what to review next.

What's the learning problem right now?

Choose a small recall task. The goal is information about what to do next, not a perfect score.

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| ☐ I keep rereading because I do not know how to test myself. | ☐ There is too much material to know where to review. |
| ☐ Finding what I do not know makes me want to stop. | ☐ An upcoming test makes the whole subject feel impossible. |
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Write only enough to begin

My two-minute action is:

The first round is done when:

If I stop, the next visible move is:
