

# Case Study - Jack

As a college student navigating ADHD, Jack encounters hurdles in sustaining attention and structuring his study time. Conventional study approaches and settings frequently lead to distractions, contributing to his fluctuating academic results. This inconsistency often leaves Jack seeking more adaptive and engaging study solutions.



## The Pro-Revise Solution

Pro-Revise offers Jack a suite of tools specifically designed to address his unique learning challenges:

- **Dynamic Study Planner:** Pro-Revise's Study Planner automatically schedules study sessions for Jack, considering his peak focus times and other personal commitments. This helps in reducing the overwhelm of planning and allows Jack to concentrate on one task at a time.
- **Short, Engaging Revision Methods:** The platform offers bite-sized learning sessions and engaging, gamified revision methods. These are particularly effective for Jack, keeping his attention engaged and making learning more enjoyable.
- **Tailored Reading and Writing Strategies:** Jack benefits from Pro-Revise's reading and writing methods, particularly the Cornell Notes approach. He finds the structured format of Cornell Notes, combined with a word association technique, extremely helpful. This method involves selecting a key term, listing related words or phrases, and then creating a summarising sentence that incorporates these elements. This structured approach not only aids in memory retention but also helps Jack maintain focus during his study sessions, making them more productive and manageable.
- **Leveraging Revision Pools:** Jack effectively uses the Revision Pools to revisit his study materials when his focus is at its peak. This feature allows him to consolidate his learning at optimal times, enhancing retention. The ability to print out a summary of his revision activities provides Jack, who has ADHD, with a tangible resource. This supports his preference for a varied sensory learning experience, crucial for maintaining his engagement and focus.

## Outcomes

- **Improved Concentration and Learning Efficiency:** Jack experiences an improvement in his ability to concentrate during study sessions. The engaging and interactive nature of Pro-Revise's tools makes learning more effective and enjoyable for him.
- **Better Time Management:** The adaptive Study Planner helps Jack manage his time more effectively, leading to more consistent study habits and less anxiety about deadlines.
- **Improved Academic Performance:** With tailored learning strategies and better focus, Jack's academic performance improves. He finds himself better prepared for exams and more confident in his abilities.

## Conclusion

Pro-Revise's adaptive approach is pivotal in Jack's academic journey. It addresses his ADHD-related challenges by providing tailored, engaging and manageable study methods.