

**Dr. Mindy
Gumpert**

Strategies for Success



**Unlocking the Writing Potential of Students
with ADHD**



April 5, 2025



Meet Dr. Gumpert



- ☐ 18 years K-12 teaching experience
- ☐ Masters Education, PhD Special Education
- ☐ ODU, VWU, NSU
- ☐ Student Teacher Supervisor
- ☐ CBA Board of Trustees Member



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Writing and ADHD



02

A Day in the Life...



03

Engaging Writing Activities



04

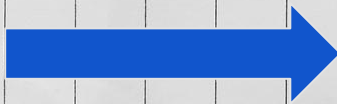
Reflection



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A day in the life of a child with ADHD



Working memory
(keeping track of topic,
main points, structure of
writing)

Cognitive flexibility (revise thoughts,
alternate ways of expressing thought)

Organizing thoughts

Planning

Connecting thoughts to
fingers

Self-regulation

Staying on task/sustaining
attention

Poor fine motor (writing or typing)
skills

Poor spelling

Confidence



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“Why is it that my child can focus when playing video games, but can’t sit still and concentrate at other times?”

- Difficulty focusing to get homework done
- Can’t follow a few step-by-step instructions to complete chores

Hyper-focus

- ADHD not a deficit of focus but a deficit of being able to focus on the right thing at the right time (Mann, 2025)
- So focused on something, it’s hard to break the focus
 - Things of interest (video games, Legos)
 - Video games provide immediate feedback and rewards
- Always more dependent on external, immediate, and frequent consequences (Barkley, 2025)



Writing Across the Curriculum

Writing is shown to have an effect on learning at all school levels, and the effect is not dependent on the type of writing tasks (Graham, et al., 2020; Klein & Boscolo, 2016).

Math (Writing for information)

- Word problems with vocab, students add themselves or people they know)

Science (Writing for persuasion)

- Write a scientific problem they would like to solve (Why do Mentos and soda cause a reaction similar to a volcano?

Social Studies (Writing for persuasion)

- Create list of places student wants to visit. Write reasons why they selected those places.

Physical Education (Writing for all purposes)

- Write about favorite athlete, sport, or game. Biography or how to play a game

Art (Writing for all purposes)

- Write about artwork. Explore mood, tone, compare/contrast

Music (Writing for all purposes)

- Students create their own song lyrics.







Before brainstorming and planning your writing, analyze the assignment using RAFTS

	ROLE (Who am I as the author of this piece of writing?)
	AUDIENCE (Who is my audience? ... peers, adults, younger children, community at large)
	FORMAT (What format should I use? ... friendly letter, narrative, essay, etc.)
	TOPIC (What is the topic?)
	STRONG VERB (What is my purpose/reason for writing? Some strong verbs are convince/persuade, explain, reflect, tell, enlighten, entertain, describe, review, inform, evoke emotion)

ROLE	AUDIENCE	FORMAT	TOPIC
Denominator or	Numerator	Poem	Why do you have to stay on top?
Improper Fraction	Confused student	Directions	How to change me into a mixed number
Whole number	Fraction	Complaint letter	It is not fair that I am not considered a fraction
3/8	2/8	Song	Finding our sum



Role	Audience	Format	Topic
Experienced Water Drop	New Water Drops	Travel Guide	Journey through the Water Cycle
Lungs	Brain	Persuasive Speech	Why Quit Smoking
Seed	Self	Diary	Changes As I Germinate
Cell	New Cells	Owner's Manual	My Parts and How They Function
Safety Goggles	Family	Letter	Safety in the Lab
White Blood Cell	Red Blood Cell	Romantic Letter	I Will Keep You Safe



padlet

Blank board

Wall, Canvas, Timeline, Grid,
Stream, Map

[See examples](#)

Blank sandbox

Draw, create, and play in real-time
with others

[See examples](#)

AI recipes BETA



Discussion board

New



Class activity creator

New



Lesson plan



Ideas for class activities



Timeline of events



Reading list



Map of historical events



Assessment polls



Rubric



Custom board

Recipes

[View all](#)

Canvas



Chore board



Frequently asked questions



Hopes and fears



KWL chart



Lesson plan



Map



Resource board

[Discussion Board](#)



[Historical Timeline 1](#)



[Historical Timeline 2](#)



[Response posts to content question](#)



[What is Padlet and How does it Work?](#)



padlet

[Padlet Lesson Plan
for Middle and High
School](#)



Quickwrites ✕

- an invitation for students to write swiftly, continuously, and without censoring themselves in response to a prompt
- prompt can be written, visual, or a question
- encourage students to practise 'putting pen to paper to develop their thinking about a topic, concept, text or artwork
- helps build writing fluency and stamina
- provides students with time and space to let their ideas flow freely and to explore their understanding about their learning, minus the pressure grades or 'correctness'
- excellent tool for teachers to formatively assess student understanding in order to make responsive, appropriate adjustments to classroom instruction
- can be used in any subject in a variety of ways

Quick Writes



Topic

Thought provoking scenario or question, provocative statement, poem, song lyric, newspaper article

Goal

Not a finished piece, but a rough draft (prewriting exercise)

Subject

Use extends beyond the English domain

Benefits

Quick way to get thoughts on paper, generally contains a “spark” to be used later

Grading

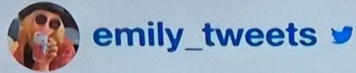
Not used for evaluative purposes (Exit ticket), so students feel sense of freedom-low stakes writing.

Research

Each quick write is unique and not formulaic, covers a broad gamut of topics, issues, and interests, students are rarely bored.

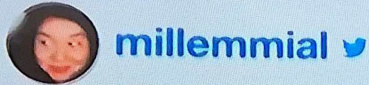


Quickwrite #22: 6-Word Memoir



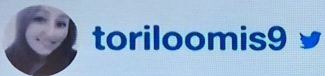
emily_tweets

Longest day of my life, everyday.
#MyQuarantineInSixWords



millemmial

Day one: ate all the snacks.
#MyQuarantineInSixWords



toriloomis9

Expelled my kid from home school.
#MyQuarantineInSixWords

2015 Global Teacher of the Year Nancie Atwell says that memoirs can “invite [people] to tell [their own] truths” and “give them shape.” A funny version of this was kickstarted by American television show host Jimmy Fallon recently when he asked his readers to describe their quarantine experience in six words on Twitter, after sharing his own:



jimmy fallon @jimmyfallon · Mar 18

Fine, you can paint Daddy's nails. #MyQuarantineInSixWords

480

661

8.9K



Twitter

See a few examples on the left.

With this in mind, come up with your own 6-word memoir or tweet that sums up your experience. You might want to ask a friend or family member to write theirs and share, or add yours to Jimmy Fallon's twitter thread: <https://twitter.com/hashtag/MyQuarantineInSixWords>
Have a go and have fun with it!

Book Creator

The Day I Planted a
Seed

Every student

Book Creator is deliberately designed to be used by everyone. Right across the spectrum of age and cognitive ability, the results are incredible.



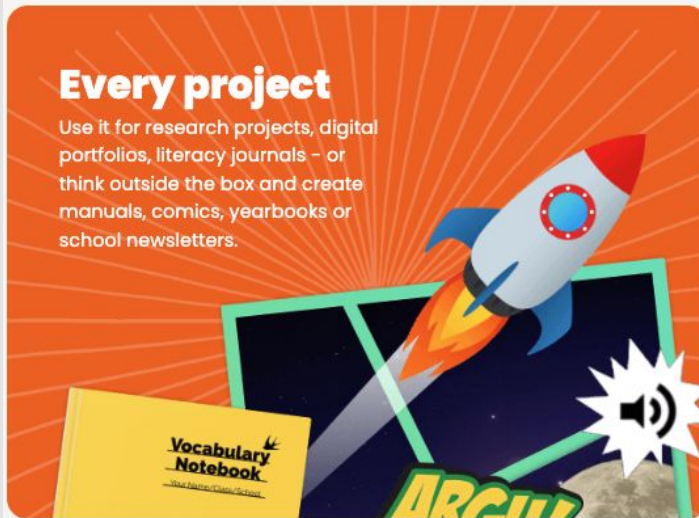
Every subject

Why use several tools when one will do the job? **Book Creator** can be used in every subject and every grade level right across the curriculum.



Every project

Use it for research projects, digital portfolios, literacy journals – or think outside the box and create manuals, comics, yearbooks or school newsletters.



Every lesson

Foster creation over consumption, developing future-ready skills such as collaboration & communication.



Reflection/Quick Write



Learning is both an active and reflective process. Though we learn by doing, constructing, building, talking, and writing, we also learn by thinking about events, activities and experiences. The combination of experiences (action) and thought (reflection) combines to create new knowledge...Reflection then is the vehicle for critical analysis, problem-solving, synthesis of opposing ideas, evaluation, identifying patterns and creating meaning – in short, many of the higher order thinking skills we strive to foster in our students (Burns et al., 2000).

Upon reflection, what was your biggest take-away from this session? How might you apply what you have learned in your classroom(s)?



Resources



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Thank You! ✕

Do you have any questions?

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