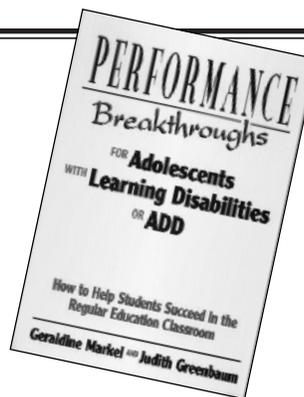


# PERFORMANCE Breakthroughs

## for Adolescents with Learning Disabilities or ADD

How to Help Students Succeed in the Regular Education Classroom

by Dr. Geraldine Markel and Dr. Judith Greenbaum



This practical book is recommended for teachers, special educators, psychologists, social workers, counselors, and school administrators. Because it is so readable, it should also prove helpful to adults and college students with ADD and/or LD as well as for parents of children with learning and attention problems.

The authors present an integrative approach that encourages students to:

- Break away from negative thoughts and expectations that impede progress
- Break out of old habits that interfere with academic success
- Break down barriers to learning and behavior management

### CONTENTS

- 1 Introduction** — an overview of relevant legislation; how learning and attention difficulties as well as problems of adolescence challenge students
- 2 Understanding the Instructional Process** — roles of various professionals, components of an integrative approach, core steps in instruction
- 3 Understanding the Classroom and the Larger System** — two case studies that contrast the features of productive and unproductive systems
- 4 Crisis Intervention** — a systematic problem-solving process for crisis intervention; strategies for collaboration among crisis manager, parents, teachers, and student
- 5 Assessment** — purposes of assessment, the referral process, components of a comprehensive assessment, the assessment team, role of the classroom teacher
- 6 Program Planning** — steps in program planning; the IEP as a model; importance of motivation and

reinforcement; how to balance conflicting philosophies, instruction needs, and system demands

- 7 Self-Management** — strategies and skills such as self-observation, self-contracting, self-evaluation, self-recognition and reward, time management

The following chapters provide information to help students develop skills in specific areas:

- 8 Reading**
- 9 Listening and Note Taking**
- 10 Preparing for and Taking Tests**
- 11 Academic Writing**
- 12 Homework**
- 13 Toward Performance Breakthroughs** — important points and closing thoughts on ways to foster performance breakthroughs

Case examples are used throughout to illustrate educational and behavioral problems and their solutions. The large variety of checklists in the book provide handy teaching tools for teachers and self-management aids for students.

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