

Free ADHD study toolkit

Free, no sign-up, runs in any browser. Nothing you type is stored. adhdaipplaybook.com/adhd-study-toolkit

The tools

Assignment planner

Works backwards from your due date: dated milestones, a personal early deadline and a calendar file.

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Study timer

Big visual countdown, short ADHD-friendly rounds (10/2, 15/5, 25/5), 5-minute "just start" mode, brown noise.

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Virtual body double

Study alongside a calm on-screen companion with gentle check-ins. No camera, no booking.

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Task Breaker

Turns "start the essay" into 3 tiny steps plus an AI prompt.

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Lecture notes → actions

Pulls tasks, readings and dates out of messy notes.

adhdaipplaybook.com/tools/meeting-actions

Executive function self-check

3 minutes to find your biggest study snag, with matching strategies.

adhdaipplaybook.com/tools/executive-function-test

A study session that works with an ADHD brain

1. **Pick one thing** you can finish or clearly progress in 25 minutes ("summarise reading 2", not "study psych").
2. **Set up for the first minute:** reading open, phone in another room, water nearby.
3. **Start with company or a clock:** a body double, a friend in the library, or a visual timer.
4. **Park stray thoughts** on paper instead of chasing them.
5. **Stop on purpose** and write the next tiny step so tomorrow-you can start in seconds.
6. **Set a personal deadline** 1 to 2 days before the real one.

3 AI prompts for planning and understanding (check your subject's AI rules)

Rubric → checklist: Here is my assignment question and rubric: [PASTE]. Turn it into a plain checklist of what a high-mark answer must include, then give me the smallest first step I can do in 10 minutes.

Notes → flashcards: Turn these notes into 15 question-and-answer flashcards for active recall, answers under 20 words: [PASTE]

Exam-week plan: My exams are [SUBJECTS + DATES]. I can study [HOURS] a day. Make a day-by-day plan with 25-minute rounds, breaks, one rest evening and weakest topics first.

Need study adjustments? Contact your university's disability, accessibility or equitable learning service early in semester. Australia: ADCET lists every university's service at adcet.edu.au. · Free to print and share. General study ideas, not medical advice. © 2026 ADHD AI Playbook, Melbourne.