



# The Hill School of Wilmington

February 2022



Motivation is what gets you started.  
Habit is what keeps you going.

— Jim Ryun  
Former Olympic Athlete and Politician

## Resources & Links\*

- Learning Disabilities Association of America
- Learning Disabilities Association of NC
- National Center for Learning Disabilities
- International Dyslexia Association
- Learning Disabilities Online
- Understood.org

For more resources visit our website at [www.hillschoolofwilmington.org/resources](http://www.hillschoolofwilmington.org/resources)

The Hill School will be closed on March 3rd & 4th for a short winter break - ENJOY!

For information on schedule changes or closings, visit our website at [www.hillschoolofwilmington.org/calendar](http://www.hillschoolofwilmington.org/calendar).

Follow us  

\*The resources in this newsletter do not represent an endorsement by The Hill School of Wilmington.



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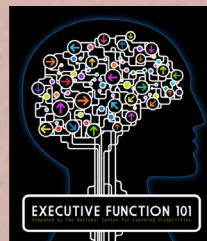
## Why Kids With ADHD Rush Through Homework

All kids rush through homework once in a while so they can get to the things they'd rather be doing. But for kids with ADHD [Executive Function Deficiencies], rushing can be an ongoing challenge that results in sloppy, incorrect, or incomplete work. Read more [HERE](#).

## Executive Function?

Executive function is a set of mental skills that include working memory, flexible thinking, and self-control. Learn more about Executive Function [HERE](#).

## Executive Function 101 E-BOOK



A free download originally published by the National Center for Learning Disabilities.

Get the download [HERE](#).

## ADDITIONAL RESOURCES

- [Top 3 Homework Frustrations - and Fixes!](#)
- [Homework Problems & ADHD?](#)
- [The Homework System that Really Works](#)
- [Executive Function & Homework](#) an LD Online database

## Upcoming Events

### February Workshop

"Homework? What Homework?"  
Wednesday, February 24<sup>th</sup> • 7 - 8 PM

### March Workshop

"I Quit!"  
Wednesday, March 24<sup>th</sup> • 7 - 8 PM

All workshops are online and registration is required. To register, visit our [website](#).



## Oyster Roast & Ten Year Toast

Friday, March 11th, 2022  
from 6:30-10 PM

For more information on the event, including sponsorship opportunities, or to purchase tickets, click [HERE](#)

For information on upcoming events, including workshops, visit the [EVENTS CALENDAR](#) on our website.

PLEASE CONSIDER DONATING TODAY AT: [www.hillschoolofwilmington.org/giving](http://www.hillschoolofwilmington.org/giving)