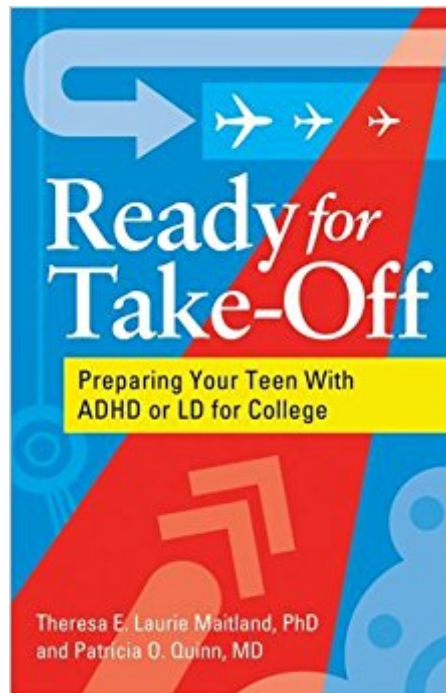




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# Ready For Take-Off: Preparing Your Teen With ADHD Or LD For College



## Synopsis

In today's world, getting accepted to college is only half of the battle. Staying in there is another matter altogether. And for students with ADHD or learning disabilities, staying, thriving, and graduating from college can be very challenging even for the most academically prepared students. *Ready for Take-Off* lays out a plan to keep students with ADHD or LD in college by first teaching parents to prepare their teen for take-off and their first solo flight away from the home. This essential resource encourages parents to adopt a unique coaching-style approach in their parenting and urges parents to stop micromanaging their teens' day-to-day life. Using college readiness surveys and handy worksheets, parents can objectively determine if they are playing a productive or nonproductive role in their teenagers' life and learn ways to promote self-determination, daily living and academic skills by using the time in high school to help their teen be ready for take-off in their teen while their teen is still in high school.

## Book Information

Paperback: 208 pages

Publisher: Magination Press; 1 edition (November 16, 2010)

Language: English

ISBN-10: 1433808919

ISBN-13: 978-1433808913

Product Dimensions: 5.6 x 0.5 x 8.5 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #293,889 in Books (See Top 100 in Books) #18 in *Books > Health, Fitness & Dieting > Teen Health* #80 in *Books > Health, Fitness & Dieting > Children's Health > Learning Disorders* #97 in *Books > Teens > Education & Reference > Study Aids > College Entrance*

## Customer Reviews

Sending an ADHD child off to college can be terrifying. *Ready for Take-Off* provides a practical, down-to-earth game plan that allows parents and kids to make the break with maximum success and minimal disruption. This book tells parents exactly what to do and—just as important—what not to do! --Thomas W. Phelan, PhD, author, *1-2-3 Magic: Effective Discipline for Children 2-12* and *Surviving Your Adolescents* *Ready For Take-Off* is the indispensable guide for teens with ADHD and their parents in making the transition to college and then managing college well. Written by real

pro's in the ADHD field, this book is practical, useful, needed, and utterly reliable. I recommend it highly! --Edward Hallowell, MD; Harvard Medical School; founder, The Hallowell Centers; author, *Married to Distraction: Restoring Intimacy and Strengthening Your Marriage in an Age of Interruption* An Honors NAPPA (National Parenting Publications Awards) Winner, 2010. "Fills the huge gap that suddenly appears between the parental involvement (and sometimes micro-managing) of high school, and the independence of college." --National Parenting Publications Awards, 2010

Patricia O. Quinn, MD, is a pediatrician in Washington, D.C. and is the director of the National Center for Girls and Women with ADHD. She is the author of *Putting on the Brakes* (2nd Edition, APA Books) and other books on ADD/ADHD

Good to read, best to buy in the senior year of high school though. It has a lot of great information about things to do to prepare them to leave, but that those need to be started long before you pack the car. I wish we would have read it earlier as many of the challenges that she warns about have presented themselves in our college freshman.

Is your child bright enough for college but needs your help to get through the daily grind of high school? Do you worry whether she or he will thrive on campus alone? Me, too. That's why it was such a relief to find this book. *\_Ready for Take-Off\_* provides a checklist of specific college survival skills and advice on coaching your child to acquire them. Dr. Maitland's goal is to help you gradually put your teen in charge of managing his or her own life so the transition to college will go more smoothly. I wish schools would put this book in the hands of all parents of teens with ADD or LD.

Everyone should read this book if they are launching off a teen with ADD

Even though my child was already in college, I found this book to be extremely helpful and informative. I wish I had come across it earlier, but glad I found it when I did.

This was a great book for helping your teen set goals and plan the future . Gives examples on how to talk to them and couch them, and have them think for themselves . It was very helpful for teens in high school..

Be proactive with your high schooler with ADHD and read this book. Dr. Maitland knows there are many reasons why smart college students with ADHD and LD struggle to succeed in college. She is a disability specialist at UNC-Chapel Hill who has seen all the pitfalls up close, and acts as a wise guide to prevent it from happening to your kid. Let's face it folks--raising a student with a disability is a tight rope act at best. It is fertile ground for growing parents who are enablers. We all know how to step in, but Dr. Maitland coaches you how to step back and train skills of daily living, self-determination, and study skills BEFORE students leave home. This book has short quizzes for both parent and student to help you both make a Personalized College Readiness Program. Both authors are reassuring about watching your student fail first at home. It is the best place to practice. I'm going to recommend this book to my SEPAC group and invite Dr. Maitland to present her plan in person at one of our meetings. EYE OPENING!

Should be required reading for any parent who sends a child off to school. Ready for Take-Off really gets you thinking about how to raise your child to be independent and to take care of the things they need to be successful in a college environment. The checklist is great. This book is the small yet vital investment all parents need to safeguard that big investment into your child's education.

Excellent! The authors of this book are absolutely dead on with their experience and insight on ADHD, LD students and recommendations for planning now, complete with discussion points and planning outlines, for the critical transition to college. This book was easy to read and it is organized in a very useful, practical manner. I have shared it with all of the parents I know facing a similar college transition with their ADHD and or LD teenager. I highly recommend.

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ADHD: A Mental Disorder or A Mental Advantage (2nd Edition) (ADHD Children, ADHD Adults, ADHD Parenting, ADD, Hyperactivity, Cognitive Behavioral Therapy, Mental Disorders)  
ADHD Diet For Children: Recipes and Diet to Help Your Child Focus, Perform Better at School, and Overcome ADHD For Life (ADHD Diet)  
ADHD Guide Attention Deficit Disorder: Coping with Mental Disorder such as ADHD in Children and Adults, Promoting Adhd Parenting: Helping with Hyperactivity and Cognitive Behavioral Therapy (CBT)  
The Insider's Guide to ADHD: Adults with ADHD Reveal the Secret to Parenting Kids with ADHD  
Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls  
Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys  
Oxford Take Off In French (Take Off In Series)  
Take Control of ADHD: The Ultimate Guide for Teens With ADHD  
The Kids' College

Almanac: A First Look at College (Kids' College Almanac: First Look at College) Moving from Ordinary to Extraordinary: The Teen's Guide to High School Success: Strategies for Preparing for College and Scholarships ADHD & The Focused Mind: A Guide to Giving Your ADHD Child Focus, Discipline & Self-Confidence All About ADHD: A Family Resource for Helping Your Child Succeed with ADHD The Disorganized Mind: Coaching Your ADHD Brain to Take Control of Your Time, Tasks, and Talents Thin From Within: The Proven Breakthrough to Take It Off and Keep It Off! Preparing the Prophets of God: Preparing the Way of Jesus (Volume 1) The ADHD and Autism Nutritional Supplement Handbook: The Cutting-Edge Biomedical Approach to Treating the Underlying Deficiencies and Symptoms of ADHD and Autism Parenting ADHD Now!: Easy Intervention Strategies to Empower Kids with ADHD ADHD Without Drugs - A Guide to the Natural Care of Children with ADHD ~ By One of America's Leading Integrative Pediatricians What to Expect When Parenting Children with ADHD: A 9-step plan to master the struggles and triumphs of parenting a child with ADHD

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