Sanjay

"*Because of my **ADHD**, it can be hard to concentrate in lectures and my notes miss lots of information. It's a struggle to keep on top of deadlines, and I often lose marks for late submission or because I haven't proofread my work.*"

Challenges faced

"I really struggle to concentrate on what my lecturer is saying. If I lose the thread of their argument, I get confused and often give up listening."

"I make lots of mistakes in my written work. It's stuff I know, but I don't have great attention to detail."

"I'm very disorganised and have missed quite a few deadlines. My coursemates and lecturers think I'm unreliable, which makes me very upset."

Solutions offered by Sonocent software

Use the Sonocent Link companion app to record and **highlight audio live in class** - the simple actions and uncluttered interface help you focus on what you are hearing.

Listen back to your work using the **Speak function** - this will help you pinpoint mistakes without losing focus.

Create a custom Colour Key which includes a specific colour for **marking up deadlines.**

93% of students say that Sonocent software keeps them engaged throughout their lectures.*

*Based on a June 2016 survey of 929 students with Sonocent Audio Notetaker licences.

Profile

Name: Sanjay | **Age:** 19
**Course:** BA (Hons) Politics & Social Policy | **Year:** 2
Condition: ADHD
Course Delivery: Lectures, seminars, tutorials, debates and directed reading
Assessment: Essays, written exams and an independent research project

Example study strategy: Note taking with the Sonocent Link app

Sanjay easily loses focus in lectures and debates. Although his university offers lecture capture, he finds these long recordings even harder to engage with. He likes the Sonocent Link app because he can record everything and listening out for specific points to highlight keeps him tuned in. He thinks of it like a game!
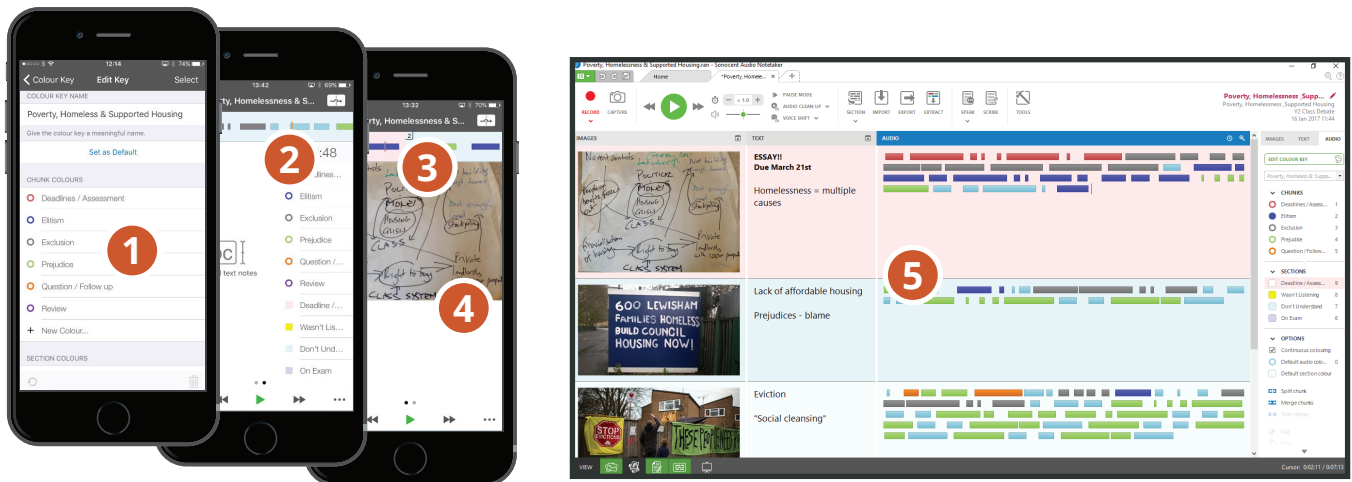
1 Prepare in advance by creating a custom Colour Key

Sanjay has established a routine of preparing for lectures by accessing the slides on his university's VLE and using the information to create a custom **Colour Key** in the Sonocent Link app. He likes that he can create the Colour Key on his phone as it's the one thing he always has with him. He assigns different colours to different modules, but always includes a colour for deadlines and assignments.

2 Record & annotate simultaneously

In lectures, Sanjay accesses the Sonocent Link app and presses the **Record** button to start capturing audio, which is visualised as **chunks** across the top of the screen. He listens out for information matching his **Colour Key** categories and highlights **chunks** by tapping the colour buttons on his screen. He finds this really easy to do, and, most importantly, it keeps him focused on what's being said.

3 Break audio down into Sections

When his lecturer changes topic or moves on to a new slide, Sanjay adds a **Section Break** by tapping the **Section** button. This helps break down his recording into manageable chunks for review. If he does drift off at any point, Sanjay can colour highlight an entire **Section** to remind himself to come back to that bit later on.

4 Add photos and images

In tutorials and debates key points will often be written up on a whiteboard or flipchart. Sanjay can take photos of these with his mobile device and add them alongside his audio. He can also make his **Project** more visually engaging by inserting relevant images from his device's camera. These will appear in the **Image Pane** once Sanjay transfers his **Project** to Sonocent Audio Notetaker on his desktop.

5 Review and Transfer to Audio Notetaker for further study

Sanjay listens back to his saved recordings on the Sonocent Link app during breaks between lectures or when commuting. He can edit his colour highlights and text notes directly within the app. He then transfers these files to Audio Notetaker on his laptop when he gets home. Once the file is in Audio Notetaker, he will **Extract** any deadline and assignment information that he highlighted into the dedicated **Project** he created for this information at the beginning of term. This helps him stay on top of his work and manage his time effectively.

For further information on Sonocent study strategies, or to discuss our training options for DSA professionals, contact **dsa@sonocent.com**