

Case Study - Jack

As a college student navigating ADHD, Jack encounters challenges in sustaining attention and structuring his study time. Traditional study approaches and environments often lead to distractions, contributing to fluctuating academic results. This inconsistency leaves Jack searching for more adaptive and engaging study solutions.



The Lernabl Solution

Lernabl offers Jack a suite of tools specifically designed to address his unique learning needs:

- **Short, Engaging Study Methods:** The platform provides bite-sized learning sessions and engaging, gamified study methods that help Jack stay focused and make learning more enjoyable.
- **Focus and Retention Strategies:** Jack benefits from tools like the Cornell Notes method, which supports memory retention and helps him maintain concentration during study sessions.
- **Utilising Saved Sessions:** Jack effectively uses Saved Sessions to revisit his study materials when his focus is at its peak. This feature allows him to consolidate his learning at optimal times, enhancing retention.

Outcomes

- ✓ **Improved Concentration and Learning Efficiency:** Jack experiences greater concentration and efficiency during study sessions.
- ✓ **Better Time Management:** The adaptive Study Planner helps Jack organise his time more effectively, resulting in more consistent study habits and reduced anxiety about deadlines.
- ✓ **Enhanced Academic Performance:** With tailored learning strategies and improved focus, Jack's academic performance improves. He feels more prepared for exams and more confident in his abilities.

Conclusion

Lernabl's adaptive approach is pivotal in Jack's academic journey, addressing his ADHD-related challenges with tailored, engaging, and manageable study methods that support his success.