

## Targeted Intervention Strategies for Poor Attention and Focus

REASONS		OBSTACLES						
Overall Area	Specific Area	POSSIBLE INTERVENTION STRATEGIES						
Does not know what to focus on	Is unable to relate to new things	Lacks a clear purpose for the task	Cannot see similarities to prior knowledge	Does not see the personal importance/ relevance of the task	Cannot inhibit distractors	Has reduced ability to focus due to stress		
		Cannot break large tasks into manageable chunks	Overwhelmed when too many skills are required or too much information is given at once	Cannot work for long periods without a break	Lacks a variety of ways to approach a task	Cannot manage frustration	Cannot monitor on task behaviour	
Cannot sustain focus	Has poor endurance							
Has underdeveloped transition skills	Lacks flexible thinking	Feels stressed from fear of failure or unknown consequences	Lacks clear goals and priorities	Is unable to work without seeing a clear pattern or structure	Cannot use self-talk to plan before acting	Has difficulty stopping one activity in order to start another	Cannot adjust pace or plan to fit new situation	

