

# Free Downloads

Our most up-to-date materials can always be found under:

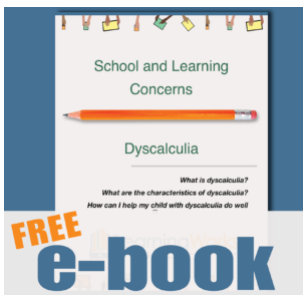
[Current Materials for Physicians](#) [Current Materials for Clinicians](#) [Comprehensive Website Index alphabetical by keyword, title, and date](#)

SCCFC also provides professionally designed factsheets on many of the mental health and wellness topics elaborated on throughout this website. You may click on the links below for easy-to-read and share the pdf files. You may also view and download book lists for parents and children, and bibliographies of those books used to write the information within this website on topics like ADHD, ASD, Executive Functions, Exercise and Psychological Health, and Neuropsychological evaluations, among others.

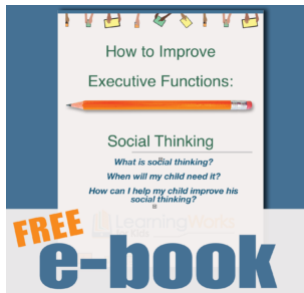
 

Leave this field empty if you're human:

**STUDY SKILLS  
LEARNING STRATEGIES  
& BRAIN HACKS**  
FOR TEENS & COLLEGE STUDENTS



School & Learning



Social Thinking



Metacognition



Response

**An archived list of these formatted, printable pdf files is below, sorted alphabetically.**

- [adhd\\_alt-treatment.pdf](#)
- [adhd\\_altviews.pdf](#)
- [adhd\\_combined.pdf](#)
- [adhd\\_hyperactive.pdf](#)
- [adhd\\_inattentive.pdf](#)
- [adhd\\_intro.pdf](#)
- [adhd\\_nos.pdf](#)
- [adhd\\_school.pdf](#)
- [anxiety.pdf](#)
- [aspergers.pdf](#)
- [autism.pdf](#)
- [bib\\_view\\_ADHDChildren.pdf](#)
- [bib\\_view\\_ADHDChildrenandteens.pdf](#)
- [bib\\_view\\_ADHDadults.pdf](#)
- [bib\\_view\\_anxietychildren.pdf](#)
- [bib\\_view\\_autismchildandteens.pdf](#)
- [bib\\_view\\_autismchildren.pdf](#)
- [bib\\_view\\_behavior.pdf](#)
- [bib\\_view\\_depression.pdf](#)
- [bib\\_view\\_efandbrain.pdf](#)
- [bib\\_view\\_efs.pdf](#)
- [bib\\_view\\_familystress.pdf](#)
- [bib\\_view\\_learning\\_children.pdf](#)
- [bib\\_view\\_learning\\_parents.pdf](#)
- [bib\\_view\\_medication.pdf](#)
- [bib\\_view\\_mood.pdf](#)
- [bib\\_view\\_multipleintelligence.pdf](#)
- [bib\\_view\\_saml.pdf](#)
- [bib\\_view\\_school.pdf](#)
- [bib\\_view\\_skillbuilding.pdf](#)

- [bib\\_view\\_sleep.pdf](#)
- [bib\\_view\\_social\\_childandteens.pdf](#)
- [breathing.pdf](#)
- [dandd.pdf](#)
- [depression.pdf](#)
- [digital\\_academic.pdf](#)
- [digitalef.pdf](#)
- [digitalkids.pdf](#)
- [divorce.pdf](#)
- [dyscalculia.pdf](#)
- [dysgraphia.pdf](#)
- [dyslexia.pdf](#)
- [eating.pdf](#)
- [ef\\_intro.pdf](#)
- [exercise\\_benefits.pdf](#)
- [exercise\\_improves.pdf](#)
- [flexibility.pdf](#)
- [ghl\\_exercise.pdf](#)
- [ghl\\_nature.pdf](#)
- [ghl\\_positive-thinking.pdf](#)
- [ghl\\_sleep.pdf](#)
- [ghl\\_social.pdf](#)
- [goal-directed\\_persistence.pdf](#)
- [goaldirected\\_persistence.pdf](#)
- [homework.pdf](#)
- [metacognition.pdf](#)
- [mindfulness.pdf](#)
- [motor\\_skills.pdf](#)
- [motorskilldisorders.pdf](#)
- [motorskillsdisorders.pdf](#)
- [muscle\\_relaxation.pdf](#)
- [nonverbal\\_learning.pdf](#)
- [nutrition.pdf](#)
- [organization.pdf](#)
- [pdd-nos.pdf](#)
- [planning.pdf](#)
- [play\\_diet.pdf](#)

- [processing\\_speed.pdf](#)
- [regulation\\_affect.pdf](#)
- [regulationofaffect.pdf](#)
- [relaxation\\_response.pdf](#)
- [response\\_inhibition.pdf](#)
- [sid.pdf](#)
- [social\\_thinking.pdf](#)
- [speechandlanguage.pdf](#)
- [stress\\_intro.pdf](#)
- [sustained\\_attention.pdf](#)
- [task\\_initiation.pdf](#)
- [time\\_management.pdf](#)
- [tourettes.pdf](#)
- [why\\_digital.pdf](#)
- [working\\_memory.pdf](#)

*Please feel free to share our written resources with colleagues and friends.*