

Every student learns differently. It takes practice to do online learning and schooling at home well, but this can create some challenges for students with learning disabilities. This guide pulls together strategies from a real Sevenstar Academy family, the Roys, who completed a full year of coursework while traveling the world—and this included navigating ADHD and anxiety issues along the way.

What Actually Worked: The Roy Family Toolkit

If this is happening ...	Try this
Assignment list feels overwhelming	Write down only today's task. Don't preview the whole week—focus on one thing, then the next.
Focus starts slipping mid-subject	Take a brain break before frustration hits: a sip of water, a short stretch, a few minutes lying down.
One subject is too hard today	Switch to another subject and circle back later—asynchronous courses don't require finishing subjects in order.
Independent reading is a struggle	To support comprehension and focus together, follow along in the text while listening to an audio version of it.
Structured writing feels like a wall	Look for open-topic or creative assignments where your child's own voice can lead.

More Ways to Support Online Learning

Executive Function

- Daily checklist instead of relying on memory
- Timer for each work block
- Same workspace or routine every day

Assistive Technology

- Text-to-speech/audio book for reading support
- Speech-to-text for writing support
- Device accessibility settings (reset text size; dictation)

Rhythm & Routine

- Keep the school days as well as the start times consistent
- Build a schedule that includes transition time between subjects
- Predictability first, then flexibility

Course Team Partnership

- Instructors grade, provide feedback, and facilitate one-on-one connections
- Share IEP/504 accommodations early
- Many accommodations translate directly into online, asynchronous work

ADHD, dyslexia, dyscalculia, and other learning differences are not the same diagnosis and do not call for identical accommodations. This guide is a starting point and should not be used as a substitute for guidance from your child's educational team, therapist, or physician.

What to Do Next

1. If your student needs a specific accommodation adjusted, message the instructor directly through the course platform (MCP).
2. If you need to formalize an IEP or 504 accommodation for a course, submit a support ticket so it's on record with your student's course team.
3. If you want to talk through strategies for your student's specific needs, reach out to Sevenstar Academy student services.
4. If your student is falling behind because of a learning need, don't wait until the semester exam to address it—the earlier the course team knows, the more options will be available.