

## Appendix B

### Summarizing and Reflecting to Solidify Understanding

Please read and briefly summarize the following passage and then answer the questions. Be prepared to share your findings with the group.

T'was brillig and the slithy toves  
Did gire and gimble in the wabe;  
All mimsy were the borogroves  
And the mome wraths outgrabe.<sup>1</sup>

1. Carroll, L. *Through the Looking Glass: Complete and Unabridged*. Class Books International: New York. 2009.

- ✓ What did you learn from the above passage?
- ✓ What information did you have to research/validate in order to achieve understanding of the passage?

Please read and briefly summarize the following passage and then answer the questions. Be prepared to share your findings with the group.

The relevant literature concerning cognitive effects of amphetamine, and methylphenidate, was reviewed, with an emphasis on research conducted in adults diagnosed with attention-deficit/hyperactivity disorder. As first-line treatment for ADHD, stimulant drugs are well-known to improve attention and concentration. Yet, there is increasing evidence that (as with children and adolescents), they do not promote learning and academic achievement in adult college students with ADHD. A review of neuropsychological studies indicates that, although response latencies are reduced, performance of ADHD adults on tests of 'distractibility' and 'planning' is also not consistently improved by stimulants. Studies in non-ADHD adults suggest that stimulants do not promote acquisition of new information, might improve retention of previously acquired information, and facilitate memory consolidation, but may actually impair performance of tasks that require adaptation, flexibility and planning. It is still not clear if improvement only occurs when there is a baseline deficit. Stimulants may influence cognition by their effects on physiological arousal. Regardless, the evidence does not support the conclusion that stimulants are cognitive 'enhancers.'

Advokat C. (2010). What are the cognitive effects of stimulant medications? Emphasis on adults with attention-deficit/hyperactivity disorder (ADHD). *Neurosci Biobehav Rev*. April 8 [Epub ahead of print].

- ✓ What did you learn from the above passage?
- ✓ What information did you have to research/validate in order to achieve understanding of the passage?