

### UNIVERSITY OF MARYLAND ADHD PROGRAM





# PRIORITIZING TASKS WITH TO-DO LISTS

When you don't have a system for deciding what's most important, it's easy to fall into not using your time well and miss important things. The following are tips for priotizing your tasks using to-do lists

#### MAKE A LIST OF YOUR TASKS

You can write it down on paper, a whiteboard, or on your phone. It's helpful to consider how long each step will take to complete.





## CONSIDER IMPORTANCE VS. DEADLINES OR DUE DATES

To help in prioritizing what to do first, consider both how important a task is (e.g., percentage of your grade, something you value) and when it is due.

## DO IMPORTANT TASKS WITH DEADLINE FIRST

Some activities may not have a deadline but are important to do next if they are important to you like going on a run or seeing your friends.

