

Visual Task Board

Years 7–12 | Neurodivergence-Friendly Study Strategy

WHAT IS A VISUAL TASK BOARD?

A visual task board (sometimes called a Kanban board) organises all your tasks across columns: "To Do", "In Progress", and "Done". Each task lives as a sticky note, card, or entry that physically moves between columns as you work. The visual display of all tasks — and your progress — is especially powerful for neurodivergent learners.

WHY DOES IT WORK? THE PSYCHOLOGY

- Visual displays reduce reliance on working memory — you can see all tasks at once without holding them mentally.
- The physical act of moving a task to "Done" creates a tangible, satisfying sense of progress.
- A visual board makes task overload visible — you can see when "In Progress" is too full and needs to be reduced.
- For learners with ADHD, the board externalises priority and progress, replacing the internal regulation that can be unreliable.

"When everything is visual, nothing gets forgotten — and progress becomes impossible to miss."

MY VISUAL TASK BOARD

Week of:

 TO DO	 IN PROGRESS	 DONE

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How many tasks did I move to "Done" this week? _____

Digital Option

Trello (free) or Notion are excellent digital task board tools. Set up three columns — To Do, Doing, Done — and use it as your weekly study dashboard.