

CHAPTER IV

CONCLUSION

In this chapter, I would like to present the best potential solutions to my problem. The problem is my difficulty in handling a hyperactive (ADHD) student at Sensen Swimming School. There are some causes and effects of my problem. The first cause of my problem is my student had too much energy, the second cause is he had trouble paying attention and the third cause is I lacked of knowledge about how to treat ADHD student.

The problem resulted in three effects. First, the student did not want to listen to my instruction. Second, I became overwhelmed and stressful of handling an ADHD student. Third, he failed to be a good swimmer.

I proposed three potential solutions to overcome my problem. First, I will join special training to know how to treat ADHD student. Second, I will collaborate and communicate with parents regarding their child's goals and reward before swimming classes. Third, I will provide information to parents regarding nutrition to support and encourage ADHD student's health.

I have decided to apply all potential solutions because by combining all the three potential solutions, I might be able to solve my problem. First solution is I will apply the solution which is joining special training to know how to treat ADHD student. If I join a special training, I will gain some skills on how to treat ADHD such as handling students. Second, I will collaborate and communication regarding their child's goals and reward. If I can collaborate with parent and exchange idea to give the child reward, student will be excited and motivated during swimming lesson. Third, I can provide more information regarding child nutrition to support and encourage ADHD student's health. If I can provide information about nutrition to parents and communicate with them about child's nutrition, parents can prepare good meals before his child join his swimming lessons. Thus, the child will have a good performance during swimming.

To conclude, after knowing what the student's strength and need especially about his nutrition and health, I can provide more related handling him. I have learnt that teaching an ADHD student to swim is challenging and rewarding. It is challenging because I feel overwhelmed and stressful during teaching an ADHD student. It is also rewarding because I gain my knowledge in teaching swimming by joining training. By applying all of these potential solutions, I hope can handle the children or other children with similar condition better in the future.

I hope Sensen Swimming School will provide further training for teacher who handle children with ADHD or students with special needs. I also hope the swimming school would provide additional tools or equipment for children who

need special treatment such as toys or pool setting that makes them comfortable and able to focus.

