ADHD Facts and Tips

Definition: ADHD (Attention Deficit Hyperactive Disorder) is a chronic condition marked by persistent inattention, hyperactivity, and sometimes impulsivity. It is estimated that nearly 17 million Americans are affected by ADHD. Anyone can have moments of being inattentive, impulsive, or hyperactive. Adults with ADHD, however, experience these symptoms repeatedly and in a way that is severe enough to have an impact at home, at school/work, or in social situations.

Symptoms of ADHD:

- Often fails to give close attention to details or makes careless mistakes in schoolwork or with other activities
- Often has trouble holding attention on tasks such as lectures or reading
- Often does not seem to listen when spoken to directly
- Often does not follow through on instructions and fails to finish schoolwork (loses focus, side-tracked)
- Often has trouble organizing tasks and activities
- Often avoids, dislikes, or is reluctant to do tasks that require mental effort over a long period of time, such as schoolwork or homework
- Often loses things necessary for tasks and activities, such as school materials, wallets, keys, paperwork, phones, etc.
- Is often easily distracted
- Is often forgetful in daily activities
- Often fidgets with or taps hands or feet, or squirms in seat
- Often leaves seat in situations when remaining seated is expected
- Often unable to take part in activities quietly
- Often talks excessively
- Often blurts out an answer before a question has been completed
- Often has trouble waiting their turn
- Often interrupts or intrudes on others (butts into conversations or activities)

How to help in the classroom:

- ✓ Create a routine; try to follow the same schedule every day
- ✓ Be clear and specific when addressing the student; use clear, brief directions
- ✓ Break down complicated tasks into simpler, shorter steps; for long tasks, start early and scaffold
- ✓ Encourage what the student does well
- ✓ Allow use of unobtrusive fidget devices such as cubes or spinners to help students focus

Information adapted from cdc.gov/ncbddd/adhd