

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.

What might your symptoms of ADHD be?

- You may often fail to give close attention to details or make careless mistakes in schoolwork or with other activities; to others this may make you look sloppy, but it is a result of your ADHD
- It may be difficult for you to keep attention on tasks such as lectures or reading
- You may often have trouble listening when spoken to directly
- You may often not follow through on instructions or may fail to finish schoolwork (lose focus, get side-tracked)
- You may have trouble organizing tasks and activities
- You may avoid, dislike, or be reluctant to do tasks that require mental effort over a long period of time, such as schoolwork or homework
- You may often lose things necessary for tasks and activities, such as school materials, wallets, keys, paperwork, phones, etc.
- You may often be easily distracted
- You may often be forgetful in daily activities
- You may often fidget with or tap hands or feet, or squirm in seat
- You may often leave your seat in situations when remaining seated is expected
- It may be difficult for you to take part in activities quietly
- You may often talk more than those around you
- You may often blurt out an answer before a question has been completed
- It may be difficult to wait your turn

How to be successful in college:

- ✓ Create a routine; try to follow the same schedule every day, or as close to it as possible
- ✓ Ask instructors to be clear and specific when addressing you; if you don't understand or haven't retained what they've said, ask them to repeat or re-explain
- ✓ For long tasks, start early. Break down complicated tasks into simpler, shorter steps; feel free to ask instructors to help you figure out how to do this.
- ✓ Use an unobtrusive fidget device such as cubes or spinners to help you focus in class
- ✓ Always remember what you do well; having a disability does not mean you do not have strengths.