

NOT ALL GREAT MINDS THINK ALIKE .

Understanding ADHD

Facts about **Attention Deficit Hyperactivity Disorder** and strategies for success

ADHD Facts

Attention deficit hyperactivity disorder (ADHD) is caused by brain variations involving a part of the brain that is supposed to be telling other parts of the brain to be active for certain tasks, but is not doing its job.

As a result, all sensory information comes into the brain with equal weight; the person has difficulty focusing on tasks because so many stimuli are bombarding his/her brain at the same time. ADHD may be classified into three different types: combined, inattentive, or hyperactive-impulsive.

People with ADHD may experience some or all of the following challenges:

- Difficulty concentrating for long periods
- Distractibility in noisy or busy environments
- Impulsivity
- Feeling overwhelmed when faced with multiple tasks
- Organizational difficulties (prioritizing, decision-making, time management)

Strategies for Success

Here are some great strategies for you to try:

- **Develop organizational strategies.** You may want to work with a coach, advisor, or someone in our office to help you set up organizational plans that will work for you.
- **Give yourself plenty of time.** Begin assignments early. Keep a calendar and plan your day so you have enough time to do what you need to do.
- **Take scheduled, structured study breaks.** Break up your study time into small chunks of time. Give yourself a few minutes to get up, walk, stretch, then get back to it.
- **Rest, relax, and have some fun.** Get plenty of sleep and plan time in your week to do activities you enjoy. Go out with friends, have quiet time to yourself, enjoy a favorite meal, exercise.

Resources for further information

Student Support Services Office

Contact us for help with your class schedule, study strategies, testing, or generally just to chat.

Call **503-768-7156** or stop by Albany.

Accessing Accommodations

Once we have your documentation for your learning difference, we will meet with you and fill out the "Notice of Disability" form together. We will work with you to determine classroom accommodations that address your needs.

Internet Resources

Visit these websites for more info:

www.additudemag.com

www.studygs.net

<http://w3.addresources.org>

http://www.lclark.edu/offices/student_support_services/