

NOT ALL GREAT MINDS THINK ALIKE .

# Understanding ADHD

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

## ADHD Info

Current research suggests that Attention Deficit Hyperactivity Disorder (ADHD) is caused by brain variations in the frontal lobe and associated difficulty with executive function, which is involved in planning and initiating tasks.

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)

## Teaching the Student with ADHD

Although all students are different, here are some things to try:

- **Use multiple modes of delivery.** Some students may respond better to information that's presented visually, while others do better aurally. Giving students options for intake and output will help them maximize their learning strengths.
- **Check-ins and shorter deadlines help keep students on track for assignments.** Students with ADHD may need assistance with realistically estimating the time they need for big assignments. Deadlines for rough drafts, office hour meetings, and other "check-ins" along the way will help them reassess their progress toward the larger goal.
- **Encourage scheduled, structured study breaks, along with the consistent use of an electronic or paper planner.** Breaking up study time into small chunks of time will allow for greater synthesis and recall. The key here is "structured" and "planned". Some students resist using planning tools, but often it makes a big difference once they use them consistently. Our office has many tools available for students to try.

## Resources for further information

Visit these websites for more info:

[www.additudemag.com](http://www.additudemag.com)

[www.studygs.net](http://www.studygs.net)

<http://w3.addresources.org>

[http://www.lclark.edu/offices/student\\_support\\_services/](http://www.lclark.edu/offices/student_support_services/)