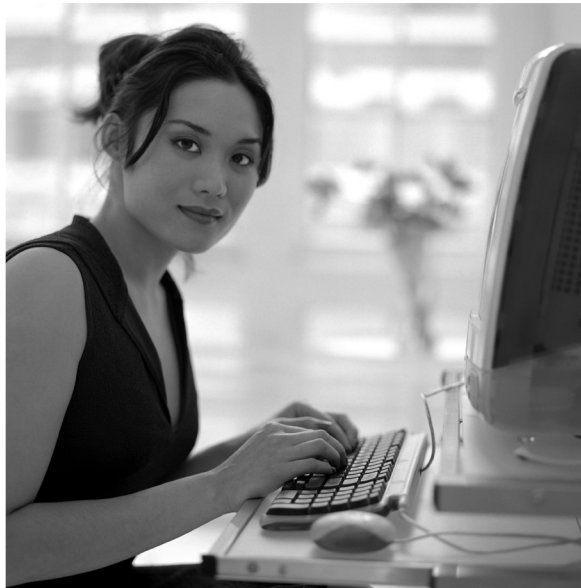


Getting Your Needs Met As A Student With Attention Deficit/Hyperactivity Disorder

By Christine Salinas, B.A., and Robyn Coombs, Psy.D.

What Is ADHD?

Attention Deficit/Hyperactivity Disorder (ADD or ADHD) is a neurological development disorder that impacts learning and behavior. It is estimated that 3–5% of school aged children have Attention Deficit/Hyperactivity Disorder (DSM-IV, TR, 2000), and some research suggests that 50–60% of children with ADHD continue to struggle with symptoms as an adult. Males are more likely than females to have ADHD. There are three subtypes: Inattentive, Hyperactive-Impulsive and Combined. An individual who has this disorder may exhibit attention deficits, impulsivity, hyperactivity, mood swings, low frustration tolerance and difficulty in following rules. Additionally, there is a high comorbidity with other disorders such as Oppositional Defiant Disorder, conduct disorder, mood and anxiety disorders, and learning disabilities. Attention Deficit/Hyperactivity Disorder is a disability that will likely impact an individual's college performance. Cognitive, behavioral and medical treatments are available.



Associated Features

Inattention

- Fails to complete assignments or tasks
- Easily distracted
- Requires constant redirection
- Difficulty concentrating and shifting tasks frequently

Impulsivity

- Excessive risk taking behavior
- Frequent careless errors on assignments
- Difficulty awaiting his/her turn in a game or group activity
- Substance abuse and/or illegal activities

Hyperactivity

- Difficulty sitting still and/or feeling restless
- Often talks excessively
- Finds engaging in quiet leisure activities very difficult

Executive Functioning

- Difficulty organizing problems that involve multiple steps
- Difficulty developing strategies to solve problems
- Difficulty with anticipating consequences of actions
- Difficulty with sustained effort
- Limited self-directed, internalized speech
- Difficulty making transitions
- Difficulty starting, organizing and completing tasks

Social Impairment

- Difficulty listening or keeping track of conversations
- Difficulty following directions
- May interrupt others excessively
- May initiate conversations at inappropriate times

Academic and Classroom Strategies for Success

- Sit toward the front of the class to help you focus.
- Use a note taker or ask if you can tape record class lectures if you “tune out.”
- Keep a planner in which you can record assignments, due dates for papers, projects, dates of quizzes and exams.
- Pick a quiet and comfortable study place, i.e., your room, library or an available classroom.
- Schedule study periods and take frequent breaks to get physical movement and refresh yourself.
- Set aside 15 minutes at the end of your study session to review where you are on various projects and to plan the next day.
- Select courses that are highly interesting to you and fit your learning style.
- Consider taking a reduced course load. If you must take a difficult course, consider taking it during the summer or during a semester in which you have a light load.
- Try to enroll in morning classes.
- Break down large tasks into smaller ones.
- Use color-coding for notes, papers and texts.
- Prioritize and avoid procrastination. Stick to deadlines and use them for motivation.
- Get to know your professors and seek them out to request any assistance you need. Seek help as soon as you experience difficulties!

Assessment

Assessment, and any resulting diagnosis, consists of and is based on a comprehensive assessment battery as well as a clinical interview. Questionnaires may be given to you, your family and teachers regarding ADD or ADHD symptoms. Both intellectual and academic achievement are evaluated as well as personality functioning. It is critical to find a clinician who has experience diagnosing adults with Attention Deficit/Hyperactivity Disorder.

Resources

- CAPS
(321) 674-8050
(*psychotherapy, behavioral techniques, learning disability evaluations, psychiatric consultations*)
- Academic Support Center
(321) 674-7110
(*tutoring, academic accommodations*)
- National Attention Deficit Disorder Association
(847) 432-ADDA
- ADD Action Group
(212) 769-2457
- Children and Adults with ADD (C.H.A.D.D.)
(301) 306-7070
- ADD Warehouse
(800) 233-9273

Books with information for college students with Attention Deficit/Hyperactivity Disorder:

ADD and the College Student, by Patricia O. Quinn, MD, New York: Brunner/ Mazel, 1994.

Higher Education Services for Students with Attention Deficit Disorder and Learning Disabilities: A Legal Guide, by Patricia H. Latham, JD and Peter S. Latham, JD, Washington, DC: NCLLD, 1994.

Survival Guide for College Students with ADD OR LD, by Kathleen G. Nadeau, Ph.D., New York: Brunner/ Mazel, 1994.

References

American Psychiatric Association. (2000). Diagnostic and statistical manual of mental disorders. (4th edition, text revision) Washington, D.C.

Barkely, R. (1995). Taking Charge of ADHD. Guilford Press. New York.

Counseling and Psychological Services (CAPS)

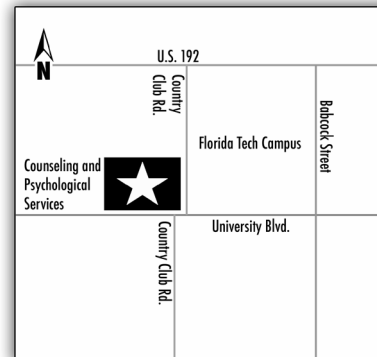
CAPS is a counseling facility operated by Florida Institute of Technology's School of Psychology. Its goals are to promote the best possible academic, vocational and emotional health. Our services are available to students and their immediate families. Call CAPS at (321) 674-8050.

Center Hours

Monday–Thursday, 9 a.m. to 5 p.m. • Friday, 9 a.m. to 4 p.m.

Location

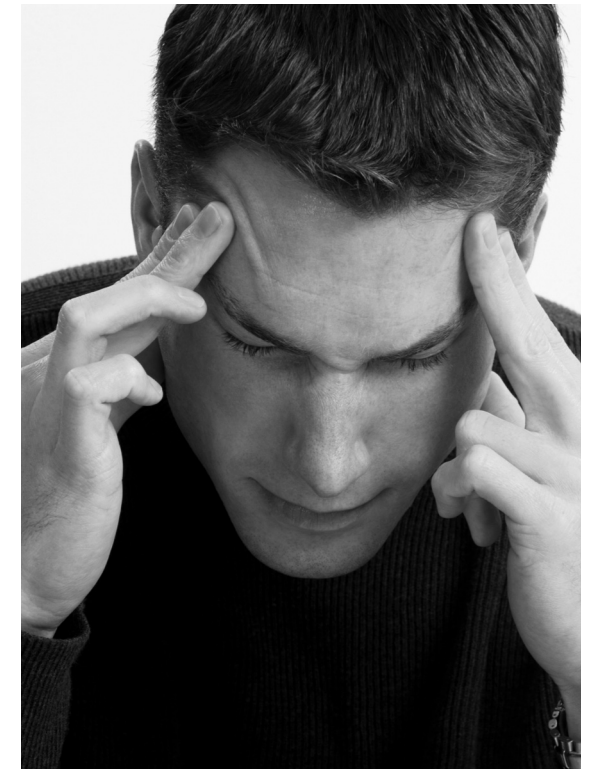
Intersection of Country Club Road and University Boulevard, west of Babcock Street



For additional counseling, academic success resources and helpful articles, visit www.fit.edu/caps or call 674-8050.

PY-446-707

Attention Deficit Hyperactivity Disorder



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Counseling and Psychological Services