ADHD

- My personal history of ADHD diagnosis
- Symptoms of ADHD
- Why is it important to know about ADHD?
- Are there any recourses at U of A?

My Personal History of ADHD Diagnosis

- **Struggle with problem-solving**
  "What do I do first? How long should it take? What about that other class? Oh, I forgot about my laundry. Wait, where should I start this project? What was I supposed to do?"

- **Reading or listening to a lecture is not enough**

- **Struggle when the class is moving fast, especially when discussing detail-oriented subjects**

- **Struggle to organize ideas well enough to communicate them to others**

- **Motivation is incredibly hard, even for the simplest tasks**

- **Frequently day-dreaming**

- **Forgetfulness**

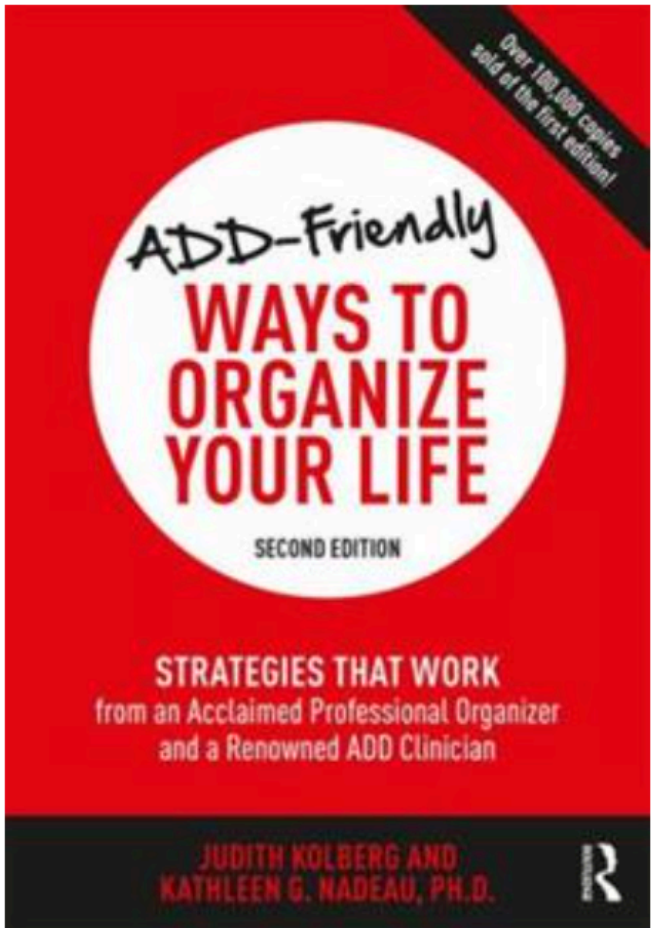
- **Trouble sleeping(oversleeping)**

My Personal History of ADHD Diagnosis

- **Low self-esteem**
- **Difficulty managing stress**
- **Disorganization**

"My room is cluttered. Unread magazines are piled up, my car is filled with junk and debris. Spending hundreds of dollars each month on storage units, because I can't decide to throw away long-unused items. Because decision-making is difficult for me. Time rushes and I don't notice, leading me to miss some events and arrive late to many others. When I make an effort to get organized, my clutter seems to magically reappear shortly after it has been cleared away."

"ADD-friendly ways to organize your life" by Judith Kolberg and Kathleen Nadeau.



What is ADHD?

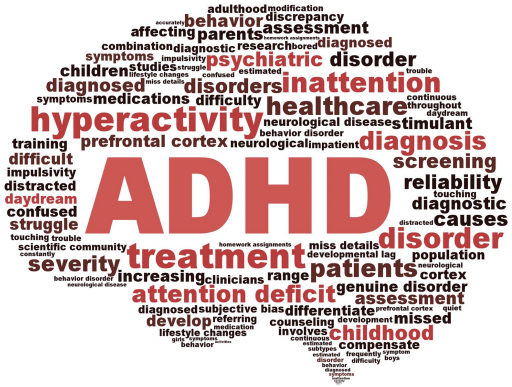
Attention-Deficit Hyperactivity Disorder (ADHD)

- **Makes careless mistakes and lacks attention to details**
- **Has difficulty paying attention to tasks**
- **Seems to not listen when spoken to directly**
- **Fails to follow through instructions or duties in the workplace**
- **Has difficulty organizing tasks and activities**
- **Easily distracted by other things, including unrelated thoughts**
- **Forgetful in daily activities**
- **Leaves seat when remaining seated is expected**

https://www.vyvanse.com/adhd-definition?utm_medium=cpc&utm_source=google&utm_campaign=TAK|Vyvanse|ADHD|

Why is important to know about ADHD?

- Many people with ADHD also have an anxiety disorder
- They are far more likely to struggle with depression
- It’s really interfering with our lives



How do I know that I have?

https://add.org/wp-content/uploads/2015/03/adhd-questionnaire-ASRS111.pdf

ADHD Resources at U of A

Counseling & Psych Services (CAPS)

https://caps.arizona.edu/

- Individual Counseling
- Psychodiagnostic Evaluation
- Attention Management Program (AMP)
- Medication Management

Disability Resource Center (DRC)

https://drc.arizona.edu/

- Extended time for exams
- Space for taking exams with noise cancellation headphones
- Extended time for turning assignments

Strategic Alternative Learning Techniques (SALT) Center

https://www.arizona.edu/news/2018/04/salt-center-model

- Individualized Learning Plans
- Learning Strategies Instruction
- Peer Tutoring
- Academic Skills Workshops
- Psychological Services
- Educational Technology Consultations
- Leadership & Social Programs

https://www.cdc.gov/ncbddd/adhd/index.html

https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd/

https://www.cdc.gov/ncbddd/adhd/index.html

https://www.nimh.nih.gov/health/topics/attention-deficit-hyperactivity-disorder-adhd

https://chadd.org/

https://healthunlocked.com/adult-ADHD

https://www.nytimes.com/2021/08/06/well/mind/adult-adhd.html

https://medium.com/re-write/i-am-a-graduate-student-with-adhd-a63beae3063f

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Thank You!