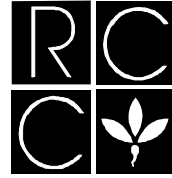


**RICHLAND COMMUNITY COLLEGE
TEACHING AND LEARNING SUPPORT
SERVICES**



ATTENTION DEFICIT DISORDER

WHAT IS ADD/ADHD?

The terms ADD/ADHD are used interchangeably. ADD/ADHD is a disorder of the central nervous system that results in a constant pattern of inattention and/or hyperactivity – impulsivity that is more frequent and severe than normal.

It begins in childhood and persists into adulthood.

It is a syndrome that interferes with a person's ability to focus and regulate activity level.

HOW DOES ADD/ADHD AFFECT MY LEARNING?

Possible problem areas include the following:

- Starting a task
- Staying on task
- Completing a task
- Making smooth transitions
- Interacting with others
- Following directions
- Organizing multi-step tasks
- Organizing and keeping materials
- Concentrating
- Listening and taking notes
- Feeling lazy, stupid or crazy
- Managing time
- Taking tests

WHAT CAN I DO TO HELP MYSELF?

DO NOT BE FEARFUL OR THINK YOU ARE ALONE!

IT IS NOT YOUR FAULT. DO NOT BE ASHAMED!

Learn to recognize your strengths and weaknesses.

Use your strengths to cope with your weaknesses.

Discover how you learn best.

Experiment to see if soft music would help you concentrate when you study.

Do things for yourself as much as possible.

Determine to attend every class.

Be prepared.

Be determined to put in the extra work needed to get your work done.

Be positive!

Use accommodations that are available to you.

Keep a calendar.

Keep clear communication between you and your instructor.

Seek someone as a peer tutor or use the Student Learning Center.

Take frequent, short breaks when studying.

From *How the Special Needs Brain Learns* by David A. Sousa

“As more children are raised by total strangers, video games, and television, ADHD-like behavior may become the norm rather than the exception.”

Learn about ADHD/ADD. The more you know, the more you can help yourself.

“Learning is likely to be remembered if it makes sense and has meaning to the learner.”

POSITIVE ASPECTS OF ADD

Sensitivity

Creativity

Inventiveness

Spontaneity

Insight into unique relationships between people and things

Loyalty

HELPFUL RESOURCES:

www.studyhall.com

www.edhelper.com

www.ucc.vt.edu/stdysk/checklis.html

www.add.org

AVAILABLE IN THE RESOURCE ROOM:

Identifying Learning Problems (video)

Brain-Based Learning (video)

Prejudices about ADHD (video)

Books:

You Mean I'm not Lazy, Stupid, or Crazy?!

How the Special Needs Brain Learns

Teacher's Resource Guide

Woodcock Johnson Handbook (handouts)

The Attention Deficit Disorder in Adults Workbook

Software to help increase your ability to concentrate

Handouts and units

**For additional help, contact the Learning Accommodation Services
ext. 362 or 379.**