

# What is ADD/HD?

Answer: a neurological disorder that keeps the ADD/HDR from being able to maintain focus and function at the level of his/her peers.

Do 7-8 of these describe your behavior on a daily basis?

Common Traits (DSM 5)

**Often fails to...**

**...pay attention during work or**

**...give close attention to detail.**

**...follow through on instructions.**

**...listen when spoken to directly.**

**...remember daily activities.**

**...focus and easily**

**...apply sustained mental effort.**

**Often...**

**...interrupts or intrudes on others.**

**...feels restless when not active. ...fidgets with hands or feet.**

**...has difficulty waiting turn. ...has difficulty relaxing in silence.**

**...acts as if 'driven by a motor'. ...'on the go'.**

**...blurts out answers prematurely.**

Benefits of ADD/HD (<http://www.addcoach4u.com/positivesofadd.htm#positives>)

Adaptive courageous  
Confidence Non-linear  
Ambitious Dedicated  
Artistic Energetic  
Determined  
Flexible Creative  
optimistic  
willing  
problem-solving

hands-on helpful  
Hyper focus  
Mentor  
Intelligent  
big-picture conceptualizing  
eager delegator  
initiators  
Compassion  
evolving lives-outside-boundaries  
entrepreneurial ideas  
multitasking  
brain-stormer  
Adventurous  
collaborative  
conceptualizes  
workers  
comfortable  
aware  
optimistic  
motivating  
conversationalist  
goal-oriented  
ongoing  
storyteller  
magnetic  
non-verbal  
thinker  
passionate  
worker  
speaks  
understanding

-wordle.com

**Did you know...?**

4%-5% of adults  
in the U.S. have  
ADD/HD

-WebMD



<http://voices.yahoo.com/famous-people-add-adhd-positive-side-add-5248633.html?cat=25>

**You have ADD/HD  
if you  
it does not have you**

-Laura Honos-Webb

# Build a Routine... (That Works)

## In Class

- Sit in the front
- Ask questions and engage
- Note-taking strategies
- Request a lecture outline
- Record lecture w/ permission
- Seek academic support well in advance

"The highest reward for man's toil is not what he gets for it, but what he becomes by it."

-John Ruskin

## While Studying

- Do most difficult work at a time of day when you are most alert
- Commit a DAILY block of time in your planner as "study time"
- Find "study site" in library, under a tree, or a coffee shop, for best focus
- Have an audio version of your textbooks
- Review recorded lecture and notes during study time
- Form a study group
- Write, recite, and remain active while studying
- Break projects into manageable chunks each with a deadline
- Snack on protein rich food while staying away from lots of sugar

## For Life

- Exercise 20 min/day, 3Xs/wk.
- Set alarms to remember meds
- Schedule breaks between classes
- Get frequent instructor feedback
- Celebrate success; learn from failure
- Make time for what you enjoy
- Attend or start an ADD/HD support group
- Choose jobs with variety of tasks, structure, quotas, and deadlines
- Use structure and routine in all areas
- You have ADD/HD do not put "it" off, you will forget
- Keep ONE calendar with everything on it
- Set realistic goals, commit to them, reward yourself when complete
- Use your time to reach your goals
- Think...Speak, reflect on others' feedback
- Give yourself credit for your strengths

This Self-Report Screener is a good tool to see if ADD/HD is a possibly an issue for you.

If you feel you may have ADD/HD, contact the Learning Centers to see how we can help.

This Adult Self-Report Scale-V1.1 (ASRS-V1.1) Screener is intended for people aged 18 years or older.

### Adult Self-Report Scale-V1.1 (ASRS-V1.1) Screener

from WHO Composite International Diagnostic Interview

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Date

*Check the box that best describes how you have felt and conducted yourself over the past 6 months. Please give the completed questionnaire to your healthcare professional during your next appointment to discuss the results.*

1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?
3. How often do you have problems remembering appointments or obligations?
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?

Never	Rarely	Sometimes	Often	Very Often

*Add the number of checkmarks that appear in the darkly shaded area. Four (4) or more checkmarks indicate that your symptoms may be consistent with Adult ADHD. It may be beneficial for you to talk with your healthcare provider about an evaluation.*