If you recognise yourself in the following descriptions come and talk to one of our tutors. They can help you work out the best way to study and, incidentally, point out the ‘coping strategies’ you may already have. If you have ADHD, it may be a reasonable adjustment to allow extra time in examinations, and funding for specialist software.

Attention Deficit Hyperactivity Disorder (ADHD) is a Specific Learning Difficulty (SpLD), which affects the way information is learned and processed. While everyone to some extent, and at certain times, has trouble sitting still, paying attention, or controlling impulsive behaviour, people with ADHD find their daily lives are disrupted to a considerable extent. People with Predominantly Inattentive Type ADHD will struggle more with inattention and distractibility than hyperactivity and impulsivity.

The most common core features of ADHD include the following:

- distractibility (poor sustained attention to tasks)
- impulsivity (impaired impulse control and delay of gratification)
- hyperactivity (excessive activity and physical restlessness)

These difficulties will vary according to the individual and will be influenced by context. People with ADHD may also have difficulty sleeping and controlling their emotions and moods. This can affect study and relationships with others. ADHD is different for everyone.

AD(H)D is not:
- a general learning difficulty; instead problems are specific to those areas where difficulties occur
- associated with intelligence – either lower or higher. It is part of the diversity of being human.

The associated strengths of AD(H)D students:
- creativity, originality and inventiveness
- energy and drive (if hyperactive)
- an ability to ‘hyperfocus’, if interested in a subject
- a rapid understanding of complex issues and bursts of inspiration and insight into a subject.

University provides less of a formal structure or scaffolding than school. Consequently students with AD(H)D may have difficulties related to the following while at university:

Organisation
- being on time for lectures etc.
- managing workload and deadlines
- procrastinating
- prioritising tasks and estimating how long they will take
- general untidiness and difficulty keeping notes in order
- structuring work

Concentration and memory
- maintaining focus in lectures and when studying and completing tasks
- tendency to make errors
- remembering information, deadlines and where the phone/keys/library books are etc.

Contact us: Telephone 0115 823 2070 (option 3) to make an appointment or call into one of the Student Services Centres.
For further information:

http://aadduk.org/ A very helpful UK website

See the link below for useful strategies:
http://www.hi2u.org.uk/adhd/adhd_50tips.html

Resources and support for students and staff in Higher Education. Information on learning strategies and software, including downloads.
http://www.brainhe.com

See the useful US websites below:

http://www.helpguide.org/topics/adhd.htm

http://www.add.org/


http://www.drthomasebrown.com/add-adhd-model/
Dr. Brown is a US clinical psychologist who specializes in ADHD.

http://adultaddstrengths.com/
A Canadian website run by a life coach with AD(H)D.

http://www.nottingham.ac.uk/studentservices/supportforyourstudies/academicsupport/studyresources/index.aspx
See our own website for study resources covering all aspects of academia.

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