

Attention Deficit with Hyperactivity

**For further information
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Attention Deficit Disorder with Hyperactivity (ADHD)

ADHD is a neurobehavioral developmental disorder which is characterized by distractibility, short attention span, impulsivity, and difficulty with concentration. Students with ADHD have difficulty attending to and focusing on appropriate information as well as screening out environmental distractions. ADHD management usually involves some combination of medication, behavior modification, lifestyle change, and counseling. There are three subtypes of ADHD:

- ADHD Predominately Inattentive
- ADHD Hyper -Impulsive
- ADHD Combined

Characteristics of ADHD

Inattentive symptoms

- Maintaining mental focus and/or attention
- Distractibility
- Tendency to overlook details
- Listening
- Procrastination; completing tasks

Hyperactivity symptoms

- Restlessness/agitation
- Fidgeting with hands or feet; squirming in seat
- Excessive talking; not staying on topic

- Easily bored
- Craves excitement/constant stimuli

Impulsiveness

- Poor self-control
- Risk-taking
- Blurts out answers before questions have been finished
- Interrupts or intrudes on others conversations
- Verbalizes thoughts that may "appear" rude or inappropriate

Emotional difficulties

- Low self-esteem/sense of insecurity
- Easily stressed/frustrated
- Sensitivity to criticism

Common Academic Difficulties:

Reading Skills

- Language skills
- Reading comprehension
- Sequencing
- Listening
- Attentive listening

Mathematics Skills

- Poor attention to detail
- Sequencing

Organizational and Study Skills

- Setting realistic goals
- Meeting deadlines

- Assessing progress and self-correction

Classroom Suggestions

- Provide a detailed course syllabus. Verbally present clear expectations of classroom activities and course work. If possible, begin each class with a summary of the material to be covered.
- Provide directions in a clear, specific manner. ADHD students struggle with multi-step directions.
- Present verbal reminders of due dates throughout semester.
- Use diverse teaching techniques during lectures. Use of both visual and auditory instruction is helpful to ADHD students. Visual supplements such as pictures, graphs and charts can assist.
- Encourage students to use support services such as the Learning Assistance Lab to improve their study skills and receive academic tutorial assistance.