



## ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental disorder characterized by persistent patterns of **inattention, hyperactivity, and impulsivity** that interfere with daily life activities [DSM-5]. This is the most common diagnosis of students registered with the Accessibility Resource Office.

May include:

- Predominantly inattentive type
- Predominantly hyperactive type
- Combined type

Possible Impacts:

- Difficulty maintaining focus
- Intense hyperfocus on a preferred activity
- Executive Functioning challenges (planning, prioritizing, task management)
- Impulsivity
- Sensory sensitivity
- Struggles with boredom
- Difficulty regulating emotions
- Difficulty sitting still (*Fidgeting and doodling are considered **best practice** for focusing for students with ADHD*)
- Low self-esteem

Possible Accommodations and Supports:

- Maintain open communication with students about their learning needs and encourage open discussion with you about the challenges they face academically.
- Extended time and/or a reduced distraction environment on exams/quizzes
- Note taking support
- Presentation materials provided ahead of the class
- Lecture recording
- Preferential seating in the classroom
- Accessible textbooks (E-books/Text-to-speech)
- Executive functioning coaching

