

- Realize that this is rarely visible evidence of learning disabilities.
- Be a coach, mentor, or check-in person - Encourage the person with ADHD to share his/her efforts and accomplishments. Help the person keep track of the schedules and that they take necessary breaks. Encourage them to take rests.
- Use multiple methods to deliver information – Use verbal and non-verbal ways to convey information as this helps capture attention.
- Minimize environment distractions (screen savers, background noises, etc.) – make sure that there are minimal or no distractions/noises in any environment that they are studying or trying to complete their work.
- Keep in mind that an unconventional response may be influenced by a processing difficulty which affects social interaction.

➔ **ALSO LOOK OUT FOR OUR OTHER TIP SHEETS ON TOPICS SUCH AS:**

- Student's Concession Guides
- Test and Exam Tips for students with Learning Disorders
- Learning Disorders
- Learning Disorders
- Hearing Impairment
- Visual Disability
- Physical Disabilities

➔ **KEEP IN TOUCH**

We pride ourselves at being accessible to our students and other university stakeholders in pursuit of holistic support for our students. To this, we have multiple platforms to be reached on.

**Visit us on your campus**

APK - PsyCaD-CRing 1  
APB - PsyCaD-Impala Court  
DFC - PsyCaD-House no. 2 (next to the student centre)  
SWC - PsyCaD-Adelaide Tambo

Or

**Call us**

011 559 3745 (APK)  
011 559 5752 (SWC)  
011 559 6042 (DFC)  
011 559 1318 (APB)

Or

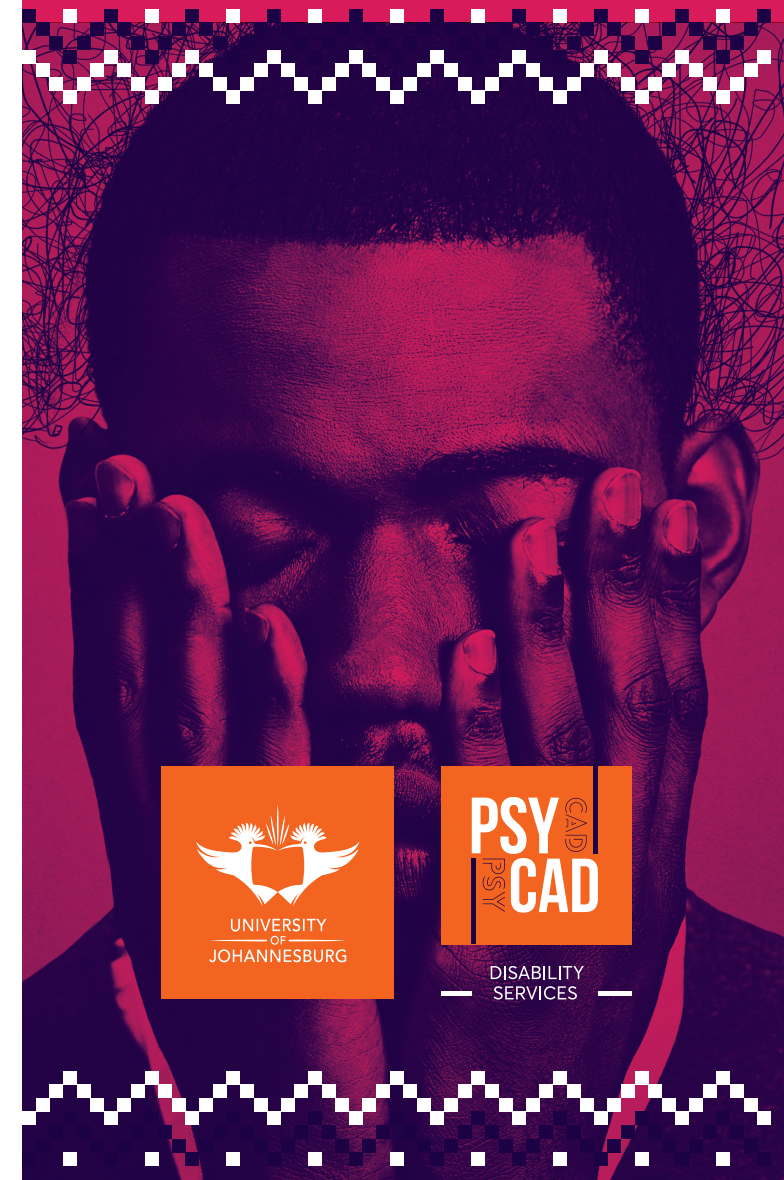
**Send us an email:** [disabilityunit@uj.ac.za](mailto:disabilityunit@uj.ac.za)

**Visit our Facebook page:**

<https://www.facebook.com/DisabilityPsyCaD>

# DISABILITY SERVICES — TIP SHEET —

## ADHD Student Guide



## ➔ STUDENT GUIDE TO LIVING WITH ATTENTION DEFICIT AND HYPERACTIVITY DISORDER (ADHD).

ADHD is defined as a neurodevelopmental disorder which can impact on an individual's working memory typically characterized by diminished ability to sustain attention and/or hyper/higher levels of impulsivity. ADHD is also associated with a short attention span and being easily distractible. This can have a major impact on your social, as well as your academic life.

People with ADHD have many problems in academic settings. Some of these problems are similar to the problems of people with learning disabilities: slow and inefficient reading, slow essay writing and frequent errors in math calculation and the mechanics of writing. Other problems especially characteristic of ADHD are time-management, task-completion, organization, and memory.

**Here are some tips you can follow whether you are hearing impaired or you not but might have a friend, family or fellow student who is.**

- **Allow longer breaks** – Extending the amount of time given for breaks from schoolwork can be beneficial.
- **Use a variety of instruction methods** – Use verbal, visual, and experiential methods to enhance attention. Make frequent shifts between discussion, reading, and hands-on group activities. This also means learning effective, personalized, study skills that will work for you.
- **Keep track of time** – Set timers for yourself and keep track of the amount of time you spend on working each assignment. In keeping track, make sure you schedule all necessary needed breaks. This means

learning how to manage your time effectively.

- **Get enough rest** – This means making sure you get enough time to sleep at night and taking necessary breaks to away from your books to take care of yourself – self-care is vital.
- **Optimize on the times when you are most productive** – meaning know and understand the times during the day/night where you know you are mentally and physically fit and use these times to work.
- **Minimize distraction** – make sure you minimize the amount of distractions for yourself, be it your cell phone, laptop, or television. Make sure that your study environment is conducive and comfortable for you to study.
- **Be organized** – make sure you have all your materials you need for class or for studying so that in itself does not become a point of distraction for you.
- **Schedule and track your assignments** – You may benefit from managing your long-term assignments through use of a paper or electronic planner and time-line where due dates are recorded, goals are set for each step of the project, and check-in points are scheduled.
- **Understand your course requirements** – Know what is expected on your and consult with your lectures, tutors as well as other supportive services offered by the university.
- **Work S.M.A.R.T:** This means prioritizing and plan your work according to what needs to be done and how it need to be. Furthermore, make sure that you take it one task at a time. Avoid multi-tasking.

- **S – Specific/Simple** – your goals should be specific, meaning know exactly what is it that you are trying to do and, simple, meaning that your goals should be simple and clearly defined as this will help you plan how you are going to do it.
- **M – Measurable** – your goals for your studies or studying should be broken down into smaller measurable goals leading up to the bigger goal. For example, if you are planning to studying for an exam – divide up the chapters/sections into smaller measurable activities than trying to study all of the chapters in one go.
- **A – Attainable** – set achievable goals, meaning they should be well-defined and matched to your others strengths in a planned step by step manner. Understand what each step to achieving the bigger goal needs and how that is going to be accomplished.
- **R – Results focused/Realistic** – your goals should measure outcomes, not activities. Meaning you should set realistic goals that have a specific outcome. Rather than aiming for something impossible, plan reasonably and align your goals with other goals in necessary.
- **T – Time bound** – your goals should be linked and guided by a timeframe that allows you enough time to maximize on your strengths and optimal functioning without wasting too much time. For each goal or sub-goal, you should have a specific time you plan to achieve it by.

### How to help a friend, family or colleague with ADHD:

- Understand that learning disabilities may impact a person's reading, writing, math, memory, and/or information processing.