Faculty Fact Sheet - Attention-Deficit/Hyperactivity Disorder (ADHD)

Definition: A chronic condition including attention difficulty, hyperactivity, and impulsiveness.

Typical Symptoms:

Inattentiveness:  
- Has difficulty paying attention to details/makes careless mistakes  
- Has difficulty sustaining attention  
- Does not seem to listen when spoken to directly  
- Unable to follow through on tasks  
- Has trouble with organization  
- Avoids tasks requiring sustained mental effort  
- Loses things  
- Easily distracted  
- Forgetful in daily activities

Behavioral:  
- Aggression  
- Excitability  
- Fidgeting  
- Hyperactivity  
- Impulsivity  
- Irritability  
- Lack of restraint  
- Persistent repetition of words or actions

Classroom Behaviors:

Students may:  
- Be distant or unfocused  
- Have trouble concentrating  
- Seem anxious  
- See symptoms above

(Please note: This behavior is situational and may be different for every student)

Strategies:

1. Establish rules & routines  
2. Reduce potential distractions  
3. Allow student to move around if necessary (i.e. stretch or take breaks)  
4. Encourage/increase active class participation  
5. Discuss certain accommodations with student  
6. Make sure student is aware that they will not be penalized for these extra accommodations  
7. Do not draw unnecessary attention to the student  
8. Understand the needs of the individual student