

Paying Attention to ADHD

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Outline

- A little bit about me!
- What is ADHD?
- Why should we care?
- ADHD Coaching

What is ADHD?

“ADHD is a highly genetic, brain-based syndrome that has to do with the regulation of a particular set of brain functions and related behaviors.

These brain operations are collectively referred to as “executive functioning skills” and include important functions such as attention, concentration, memory, motivation and effort, learning from mistakes, impulsivity, hyperactivity, organization, and social skills.”

– *Attention Deficit Disorder Organization*

Why We Should Pay Attention

- ADHD is the most commonly listed disability among the college student population
- Medication helps- but does not cure
- Transition issues
- Students struggle to find resources
- Academic probation
- Greater risk for psychological distress
- Retention rates

But how do I know
if a student has
ADHD?

Executive Functioning

Individuals with executive dysfunction struggle with

- Planning
- Problem-solving
- Organization
- Time management
- Self awareness/ Self restraint
- Working memory
- Motivation

Emotion Regulation

- Poor Emotional Regulation
- Behavior Tendencies
- Struggle to find Coping Mechanisms
- Low Self Esteem
- Rejection Sensitive Dysphoria

ADHD Coaching

- **New** trend, especially on college campuses
- Studies show positive results
- Focuses on:
 - Goal Setting
 - Time Management skills
 - Self Regulation
 - Judgement Free Environment

ADHD Coaching

Goal Setting

- What is an Attainable Goal?
- Break goals into Small Parts
- Keep steps Limited

ADHD Coaching

Time Management Skills

- Students need to be Taught Time Management Skills
- Find Creative Ways to Solve the Problem
- Ask- don't tell
- Experiment

ADHD Coaching

No Judgement Zone

- Focus on Positivity and Encouragement
- Communicate Carefully to Avoid Shaming
- Suggest Strategies that have Worked in the Past
- Help students Reframe Failure

Future Recommendations

- Make ADHD Coaching More Accessible
- If you have ADHD, Tell Your Students!
- Stay Positive, Encourage your students
- Consider Different forms of Communication

Thank You For Your Time

Questions?