

ESSENTIAL INFORMATION



AD (H) D

Attention Deficit (Hyperactivity) Disorder

Attention Deficit (Hyperactivity) Disorder is a neurological condition which particularly affects the ability to concentrate for extended periods of time. It has been estimated that 1% of children in the UK have symptoms of AD (H) D. At present there are no figures for adults, but the number of students with the condition is increasing. Adults with AD (H) D often have poor concentration and are easily distracted. They may also have difficulties with time management and organisation and may be restless.

How might this affect my studies?

Poor focus when studying can lead to less good performance and result in students underachieving. Everyone is different but students with AD (H) D often have problems with:

- concentration in lectures
- being easily distracted when studying
- time management and meeting deadlines
- socialising due to impulsive behaviour

Strategies that may help

Some of the following approaches to studying may be useful

- Vary your work & keep switching tasks
- Form a study group & discuss work
- Extreme studying: work somewhere really noisy e.g. the library café
- Use your energy creatively
- Work better not longer
- Take regular exercise to reduce the fidgets
- Eat well and stay healthy
- Try to have a regular routine

For more on this topic

Adders – information and support for people affected by ADD and Ad (H) D. Mostly aimed at families but research articles are useful.

<http://www.adders.org/>