

# ADHD & College

## 10 Tips for Success

College presents new challenges for those with ADHD, but it doesn't mean you have to struggle. Create a plan to help you thrive so that you can take advantage of all of the new opportunities.

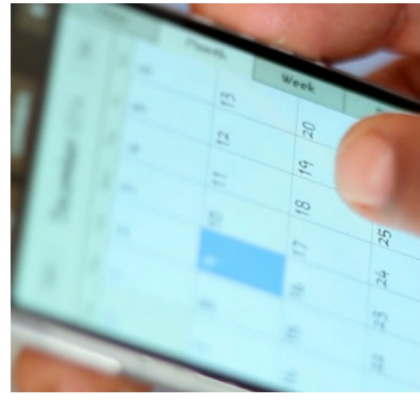


### 01 Go to class

Attendance matters. Make it part of your routine. Even if it feels too easy or boring. You will gain a lot by going. You have direct access to the material and the professor. It also shows the professor that you are motivated to learn, which can help if you need additional assistance later.

### 02 Schedule smart

Sign up for classes when it's the easiest for you to pay attention & when you can get there on time. Coming in late, skipping, or not being able to pay attention prevents you from learning. It's better to not take a class, than face the stress of failing it and taking it again later.



### 03



#### Parent Support

Check in with your parents about how you are doing. Being around new people, situations, and experiences can be overwhelming. It's hard to know if you are "doing enough." Parents can provide support and a valuable perspective.

### 04



#### Sleep

Lack of sleep makes ADHD symptoms worse. Keep a consistent sleep routine even if your schedule changes daily. Sleep deprivation results in it taking longer to get work done and the quality suffers.

### 05



#### Be Proactive

Don't wait until a crisis happens to get support. Use resources available to you from the beginning of the semester (study groups, office hours, tutoring, counseling, etc). You'll spend less time and energy preventing a crisis. If you need to make changes, it's better to have plenty of time left in the semester.

### 06



#### Reduce Alcohol

Alcohol consumption creates more negative effects for students with ADHD. It increases symptoms of ADHD, like impulsiveness. Also, mixing alcohol and other drugs with ADHD medication can result in dangerous side effects.

### 07 Work vs Play



#### Work first!

There are so many distractions on campus! However, you'll likely have to put a lot of time and energy into completing your work. Schedule specific times to study & stick to the plan.

You'll enjoy social time more, when the work is done.

VS



#### Play later!

Fun is important. You can't work all the time. Reward yourself with fun activities after your work is done.

If you play first, you may never get to your work and feel guilty and anxious about falling behind.

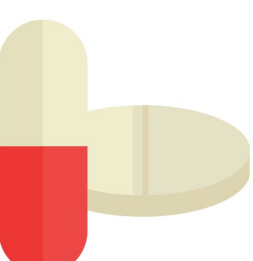


### 08 Use a Calendar

You can't plan ahead if you can't remember when your projects are due and you need to start studying for tests. You don't want to have to worry constantly about forgetting things.

At the beginning of the semester, sit down with your syllabus and enter dates into an online calendar or app. Schedule yourself to receive reminders. Go to LSI for help.

### 09 Medication



Take your medication as prescribed. Don't skip doses or take more when cramming for a test. It's unsafe. It will mess up your sleep schedule and make it harder to concentrate.

If your medication isn't working, talk to your provider.

### 10 Accommodations



Accommodations aren't special treatment. They allow you to work up to your capability.

Consult with ODS about what documentation is needed and make sure to inform your professors of your accommodations at the beginning of each semester.