**ADHD**

**Summary**

Attention deficit hyperactivity disorder (ADHD) is a behavioural condition that includes symptoms such as inattentiveness, hyperactivity and impulsiveness.

The symptoms of ADHD usually improve with age, but many adults who were diagnosed with the condition at a young age continue to have symptoms.

People with ADHD may also experience sleep and anxiety problems.

**Symptoms**

The symptoms can be categorised as: 1. Inattentiveness

 2. Hyperactivity and impulsiveness

Many people with ADHD may have symptoms that fall into both these categories, but this is not always the case.

For example, some people with the condition may have problems with inattentiveness, but not with hyperactivity or compulsiveness. This form of ADHD is known as attention deficit disorder (ADD).

The student may display the following signs of inattentiveness:

* Having a short attention span and being easily distracted
* Regularly making mistakes with college work
* Appearing forgetful or losing things
* Being unable to stick to tasks that appear tedious or time-consuming
* Difficulty with listening to or carrying out instructions
* Constantly changing activity or task
* Difficulty organising tasks

The student may display the following signs of hyperactivity and impulsiveness:

* Being unable to sit still, especially in calm or quiet surroundings
* Being unable to concentrate on tasks
* Excessive physical movement
* Talking lots and interrupting conversations
* Appearing to act before thinking
* Little or no sense of danger

**Strategies**

* Establish classroom rules and routines that are aimed at keeping the student focused. State them in a positive manner.
* Consider seating plan and as much as possible, seat the student away from distractions.
* Breakdown and repeat instructions.
* Divide long-term projects into segments and assign a completion goal for each segment.
* Use of file dividers and colour-coded topics.
* Allow the student time for organising materials and assignments that are to be taken home.
* Allow a student with ADHD frequent breaks and let him or her squeeze a rubber ball or tap something that doesn’t make noise as a physical outlet.
* Use of visuals.

<https://www.nhs.uk/conditions/attention-deficit-hyperactivity-disorder-adhd/>

<https://www.helpguide.org/articles/add-adhd/teaching-students-with-adhd-attention-deficit-disorder.htm>