

# Recognising learners with Attention Deficit Hyperactivity Disorder (ADHD)

ADHD is not a learning disability, so it does not impact the level of intelligence of a learner, but it can make learning difficult. The presentation of ADHD characteristics varies for each learner and can include:



**STRENGTHS**

- leadership
- sense of humour
- problem-solving
- persistence and energy
- empathy and sensitivity
- creativity, enterprise and willingness to take risks.

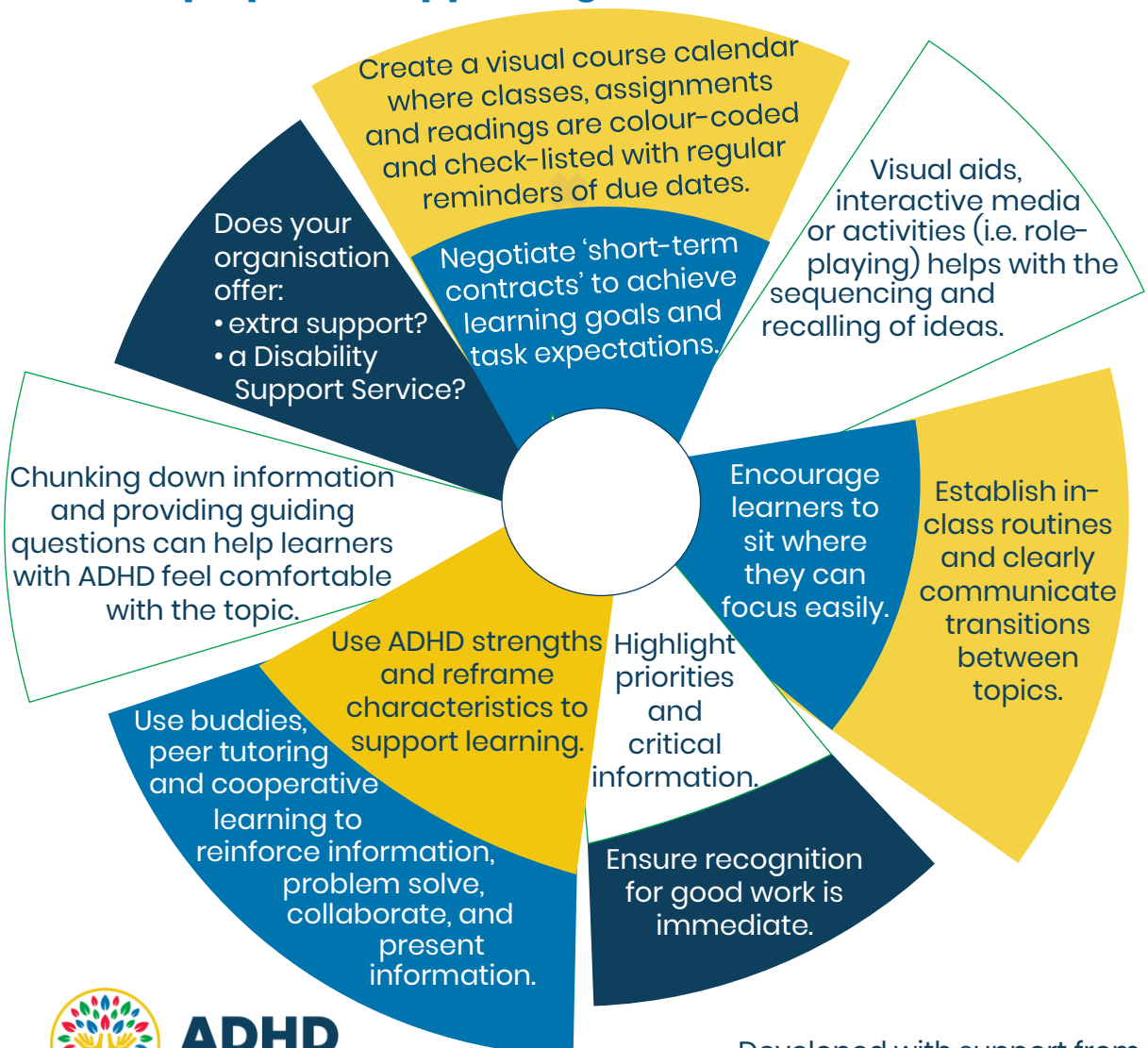


**CHALLENGES**

- impulsively calling out, acting without thinking or talking excessively
- grasping and retaining important information
- being attentive and organised
- settling down to work
- learning routines.

*“Typically, we see a really hard-working student who just tries and tries and tries, but they can’t get a handle on it, and then they feel overwhelmed” – Learning Advisor*

## Top tips for supporting learners with ADHD



**ADHD**  
New Zealand

Go to [ADHD.org.nz/tertiary-ed](http://ADHD.org.nz/tertiary-ed)

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