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:



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



- impulsively calling out, acting without thinking or talking excessively
- grasping and retaining important information
- being attentive and organised
- 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

Create a visual course calendar where classes, assignments and readings are colour-coded and check-listed with regular

Does your organisation offer:

- extra support?
- a Disability Support Service?

reminders of due dates.

Negotiate 'short-term contracts' to achieve learning goals and task expectations.

Visual aids. interactive media or activities (i.e. roleplaying) helps with the sequencing and recalling of ideas.

Chunking down information and providing guiding questions can help learners with ADHD feel comfortable with the topic.

Use ADHD strengths Highlight and reframe characteristics to Use buddies. support learning. peer tutoring and cooperative

learning to reinforce information, problem solve. collaborate, and present information.

Encourage learners to sit where they can focus easily.

priorities and critical information,

Ensure recognition for good work is immediate.

Establish inclass routines and clearly communicate transitions between topics.



Developed with support from the Tertiary Education Commission.