## **Recognising students with Attention Deficit Hyperactivity Disorder (ADHD)**

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

Visual aids.

"I know this student who has so much potential. He's highly intelligent, and he just couldn't focus; couldn't apply himself." - Teacher

## Top tips for supporting students with ADHD

Create a visual course calendar where classes, assignments and readings are colour-coded and check-listed with regular reminders of due dates.

Does your Negotiate 'short-term school offer: contracts' to achieve teacher aid. SENCO, RTLB support?\tearning goals and Special assessment task expectations.

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

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

conditions?

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 students 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 Sutherland Self Help Trust.