This brochure is written to assist you in understanding how to work with ADHD symptoms, during your experience here at the university.

What is Attention Deficit Hyperactivity Disorder (ADHD)?
ADHD is a neurological condition that affects about 5-10% of the population. ADHD can be misdiagnosed as depression, lack of motivation, lack of sleep, or alcohol & drug use.

What are some of the symptoms?
Excessive:
* Poor concentration
* Low or short term motivation
* Low tolerance for frustration
* Daydreaming
* Unique sleep habits
* Easily distracted when studying
* Poor follow-through with assignments
* Procrastination

How does ADHD affect my college career?
In a college setting class schedules tend to be less restrictive. Along with classes, students must allow time to complete assignments, study, and socialize, which means they must organize their time carefully.

What are educational accommodations that UW-Eau Claire can offer?
For those students who provide appropriate documentation, the following accommodations are available at UWEC:
* Tutoring
* Extended testing time
* Individual proctoring for test taking
* Class scheduling
* Information and referral
* Professional counseling

What should I do to be successful at the University?
* Meet with the Academic Coordinator in Services for Students with Disabilities, to review documentation and determine what accommodations are appropriate for you.
* Develop good time management skills.
* Use computer-assisted programs for word processing, such as the spell-check and grammar-check.
* Develop your basic skills for college, such as reading, studying, and computer usage.
* Use a daily planner.
* Plan your schedule with your needs in mind.
* Work with academic support services and your advisor.
* Try to focus on what you want to accomplish.
* Resist temptation to move away from your personal plan for the week, day, or term.

* If you are on medication, make extra efforts to take each dose on schedule.
* Order your prescription before running out of your medication.

How do my instructors want me to work with them if I have ADHD?
* Once appropriate accommodations are determined, meet with your instructor to discuss your needs. Be sure you have the necessary paperwork to support your request.
* Talk to instructors at a time when they have time for you, and not during a rushed moment.
* Work with Counseling Services, if initiating discussion with your professor is difficult or uncomfortable.
* Commit yourself to follow through on opportunities and learn how to use the accommodations given to you.
* Focus on managing your ADHD symptoms to avoid a “can’t do it” attitude.
* The university wants to assist you in being successful, so talk to an instructor, advisor, or counselor if you are experiencing difficulties in class, such as falling behind in assignments or not attending class. Excessive procrastination is a strong symptom of ADHD.
Attention Deficit Hyperactivity Disorder (A.D.H.D.) and the College

If you have further questions, please call or stop by to schedule an appointment:
Counseling Services
Old Library 2122
(715) 836-5521

Check out our web site virtual pamphlet collection at:
www.uwec.edu/counsel

UW-Eau Claire
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Division of Student Affairs
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