

Academics and ADHD

Attention-Deficit/ Hyperactivity Disorder or ADHD affects 5.6% of U.S. college students which is slightly higher than the U.S. reported 4%. Those with ADHD may suffer from a short attention span, poor organizational skills, hyperactivity, and difficulty listening to others. Studies have shown that students with ADHD were more likely to report feelings of depression and overwhelm. Research shows these students have a range of unmet academic needs which shows in their lower test scores and overall academic achievement.

Although ADHD may bring about academic challenges, those diagnosed still show exceptional problem solving and entrepreneurial skills. If you feel as though you experience the symptoms of ADHD don't worry, you just may need to put in a little more work. Some coping strategies for ADHD include, turning off your phone while you do work, using organizational tools, and speaking with your professor about any concerns you may have.



