

Unwind Your Mind

A New Look Inside ADHD

wellsphere.com



In January of 2011, Chris Dendy, an author and speaker on learning styles for students with attention deficit disorder/attention deficit hyperactivity disorder (ADHD), spoke to the KCHS faculty. Ms. Dendy's lecture provided some interesting facts, as well as some good strategies, for how to succeed if you or someone you know has ADHD.

There are many ways that our physiology effects who we are. Some of us are taller than others; some of us get the flu more often. And some of us have brains that have developed in different ways. ADHD can best be explained by how our brain receives and sends information; ADHD students (and adults) are as smart and sharp as everyone else – they just process information differently.

The number of students that are diagnosed with ADHD has been steadily increasing for many years partly because there are more girls and adults being diagnosed with ADHD than in the past. It is estimated that 10 percent of all students have ADHD. Another interesting fact is that over half of all children that have ADHD also have a parent that has ADHD; so, for many of us, it is inherited!

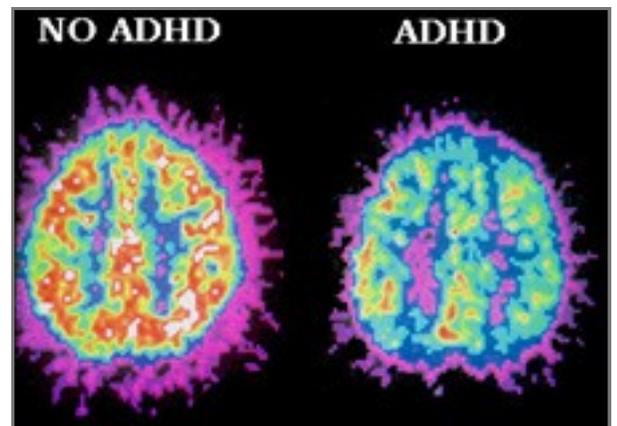
Three of the main categories of ADHD and some of their most common characteristics are: (1) *Hyperactive* (fidgety and restless); (2) *Impulsive* (interrupts often because it is hard to wait for your turn); and (3) *Inattentive* (easily distracted, forgetful, and often disorganized). From this list of characteristics it is easy to see that most of us do some of these things every day; the difference for ADHD students is that these things are harder to control and often get in the way of learning.

Some of the most successful strategies for being a good student if you have ADHD are the exact same successful strategies that all students should find helpful, such as:

- use your agenda
- make a “to do” list of assignments and estimate the time you will need to complete each one
- set a starting time for beginning your homework so that you don't keep putting it off until it is too late to get your work completed at a decent time
- do not try to study around the TV or computer
- plan ahead and break up long-term projects across several days instead of trying to do them all at once at the last minute.

Take advantage of learning more about this topic. The KCHS Learning Center has more information on how to be successful with (or without) ADHD.

Ms. Dendy will return to Knoxville this spring to speak at the Episcopal School of Knoxville—April 7, 2011 from 6:00 to 8:00 pm. Parents and students with an interest in this area are welcome to attend; please contact Mrs. Rucinski (lrucinski@knoxvillecatholic.com) at the KCHS Learning Center for more information.



PET scan comparing the brain of a child with ADHD and a child without ADHD.

adhd.org