

How To Recognize ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a mental health condition that can create significant challenges. Many people are first diagnosed with ADHD during childhood. For others, it may go undiagnosed or develop into adulthood. ADHD, as in its name, affects a person's ability to have sustained attention and how they direct their attention. Those with ADHD tend to be easily distracted, have difficulty prioritizing, finishing tasks, often overlook details and can have poor listening skills.

It's not hard to see how this would create challenges for a college student as they work on their studies and manage other areas of life. But there is hope. ADHD can be treated, managed and even turned into a strength. Those struggling with ADHD typically need support, education and therapeutic treatment (which may include medication) to effectively control their ADHD.

It is also critical to recognize that we all struggle with distractions, concentration and prioritization. These skills get developed over time, just the same a muscle does. College can be a time when our muscles are growing as we encounter new responsibilities and opportunities. It is normal to have difficulty with this. It does not mean you have ADHD. However, if these difficulties are significantly impacting your functioning, further assessment and support is needed.

Good links on ADHD:

<https://www.helpguide.org/articles/add-adhd/adhd-attention-deficit-disorder-in-adults.htm>

<https://www.helpguide.org/articles/add-adhd/treatment-for-adult-adhd-attention-deficit-disorder.htm>

<https://www.helpguide.org/home-pages/add-adhd.htm>