

Understanding ADHD

Students with ADHD are often energetic, creative, and innovative problem solvers. They commonly need support managing hyperactivity, impulsivity, and concentration.

Definition

ADHD is a lifelong neurological condition. It affects the way the brain receives, processes, and responds to information.

An explanation of ADHD and how it affects e

Source: [The National Centre for Learning Dis](#)

No captions or transcript

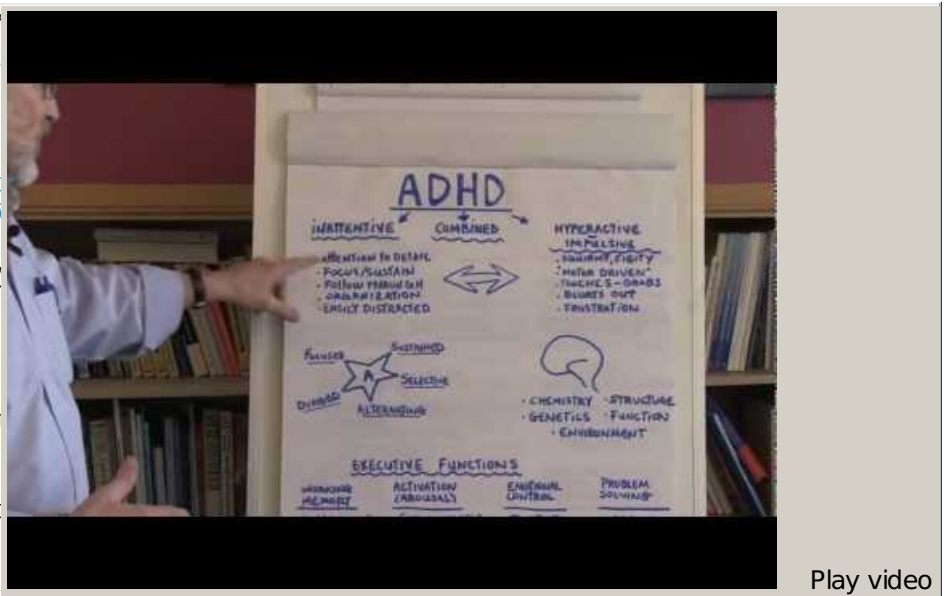
Source:

[The National Centre for Learning Dis](#)
<https://www.youtube.com/watch?v=0>

Attention refers to the management s

- pay attention
- organise and plan
- initiate tasks and stay focused on
- regulate emotions
- self-monitor (keep track of what t

There are three main presentations of



Play video

- **Inattentive** – students need support with organising and completing tasks, following instructions or conversations, and attending to detail.
- **Hyperactive-Impulsive** – students need support with speaking at appropriate times, waiting their turn, listening to directions, thinking before they act.
- **Combined** – a combination of the inattentive and hyperactive-impulsive behaviours.

Video hosted on Youtube <http://youtu.be/6Wz7LdLFJVM>

Indications of ADHD

The impact of ADHD can vary significantly from person to person, especially if the person also has dyslexia. Its effects also vary depending on the situation and the person's emotional state.

ADHD can influence learning, particularly the

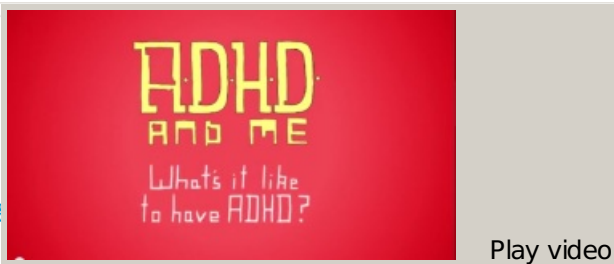
Source: [ADHDVoices \(UK\)](#)

Closed Captions

Source:

[ADHDVoices \(UK\)](#)

<https://www.youtube.com/watch?v=Y>



working memory.

When the signs outlined below are significantly more pronounced in one child compared to other children of the same age, and when their behaviour undermines school and social life, the child may have ADHD. A full medical/psychological assessment is required for diagnosis.

| Inattentive | Hyperactive | Impulsive |
|---|--------------------------------|--|
| Easily distracted | Restless and overactive | Acts without thinking |
| Difficulty sustaining attention in tasks and play | Talking constantly | Interrupts people |
| Appearing not to listen when spoken to directly | Interrupting others frequently | Difficulty waiting for their turn in play or conversations |
| Difficulty organising tasks and activities | Trouble switching off/sleeping | Blurts out responses before questions have been completed |

ADHD and other conditions

It can be difficult to identify ADHD specific indicators, as ADHD often co-occurs with common learning conditions such as dyslexia, dyscalculia, and dysgraphia.

ADHD and giftedness can also present together. However, it is also possible for a student to present ADHD behaviours but actually just be gifted and bored or misunderstood.

TKI's Gifted and Talented webpage, [Twice-multi exceptional learners](#) provides more information.

How ADHD influences learning

Students with ADHD will often thrive as learners if offered opportunities to develop their creativity, leadership and problem solving skills. To be successful, students may need support managing themselves and their resources.

A short animated film that depicts a day in the life of a child with ADHD.

Source: [The Huffington Post \(US\)](#)

No captions or transcript

Source:

[The Huffington Post \(US\)](#)

http://www.huffingtonpost.com/entry/perspective_us_56cb8c2fe4boec6725e

Video hosted on Youtube <http://youtu.be/EQ71vgRzCA4>

Areas for support could include:

- activation – organising, prioritising, and starting work
- focus – focusing, sustaining, and shifting attention
- effort – regulating alertness, sustaining effort, and processing information
- emotion – managing frustration and regulating emotions
- memory – utilising working memory and accessing recall
- action – monitoring and self-regulation.

Useful resources

The relationship between ADHD and learning disabilities

Read time: 5 min

Publisher: About, Inc.

[Visit website](#)

What is ADHD?

Publisher: ADHD Association

[Visit website](#)

Understanding ADHD

Publisher: Understood

[Visit website](#)

ADHD Signs and Symptoms

Read time: 16 min

Publisher: Understood

[Visit website](#)



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