

Surviving College With ADHD

It's hard enough surviving college with increased tuition and the need to work more, but surviving college with a learning disability or ADHD/ADD is often a greater task. The fact is, a college degree is almost necessary for most careers. The problem is, the college life is a great place to have fun for ADHD/ADD students and a terrible place to study!

ADHD/ADD college students often struggle to fit into a lifestyle of discipline around studies. Many of them become easily overwhelmed and quit... or simply fail.

There are several principles to live by that often help ADHD/ADD college students survive and succeed.

◆ *Live on your islands of competence*

Simply put... do what you do best and stick with it. If it means getting a college degree in history because that is the only thing you enjoy studying, then study history. Few people ask what your major was in college, what your grade point average was, or even where you went to school. Employers often care that you went to school and completed it.

◆ *Work around the roadblocks*

There is a college for you. If you cannot get into your dream school, find one you can get into. If you cannot complete a second language requirement (a common ADHD struggle), seek to find a waiver based on your ADHD/ADD, or find a class substitute that would meet the language requirement.

◆ *Use the supports available*

College students with ADHD/ADD often benefit from various support services available. Some are helped by tutoring, others by a private room to take tests and eliminate the distractions of the classroom. Many colleges offer full support programs for students with ADHD/ADD or learning disabilities.

◆ *Capture the moments*

ADHD/ADD individuals struggle with motivation and energy. When you have the motivation to study, no matter what time of day, you better jump on it... do it now, because one thing is certain, the motivation will end.

◆ *Tell yourself the truth*

Do you have ADHD/ADD? Does it get in the way? Do you need medication? Do you need help? Don't pretend you are fine and live a life of struggles. Help yourself and find success.