



ADHD 101 Teacher Card

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What Is ADHD?

- ADHD is a complex neurodevelopmental disorder
- 1 in 9 students is diagnosed with ADHD¹

Types of ADHD²

- ADHD Predominantly Hyperactive and Impulsive: fidgets, blurts answers, acts out
- ADHD Predominantly Inattentive: (loses papers, distracted easily, processes information more slowly)
- ADHD Combined Type: a combination of hyperactive/impulsive and inattentive symptoms

Challenges for Students with ADHD

- Paying attention/controlling impulses
- Time awareness/organization
- Writing, spelling, note-taking, long-term projects
- Social skills/controlling emotions

Strengths of Students with ADHD

- Creative/innovative
- Empathetic/caring
- Ability to focus on topics interesting to the student
- Energetic/assertive



ADHD at Different Ages

Many children diagnosed with ADHD are gifted and intelligent, but may lag behind peers in maturity by up to three years.³

AGES 5–9

Early Elementary

- Difficulty staying in seat
- Difficulty following directions
- Forgets to do homework
- Reading and writing tests take longer
- Difficulty getting started on assignments



AGES 10–13

Late Elementary-Middle School

- Executive function skills delayed
- Difficulty demonstrating knowledge on tests
- Difficulty with essays and reports
- Problems with organization/getting to class on time

AGES 14–20

High School-College

- Trouble getting started/planning ahead
- Feeling overwhelmed
- Unaware of grades/test scores
- Trouble working independently
- Rote memory problems

¹ "Trends in the Parent-Report of Health Care Provider-Diagnosed and Medicated ADHD: United States, 2003–2011." (<https://www.cdc.gov/ncbddd/adhd/features/key-findings-adhd72013.html>)

² Diagnostic criteria for ADHD from DSM-5 (*Diagnostic and Statistical Manual of Mental Disorders*, published by the American Psychiatric Association; <https://www.cdc.gov/ncbddd/adhd/diagnosis.html>)

³ <https://www.nimh.nih.gov/news/science-news/2007/brain-matures-a-few-years-late-in-adhd-but-follows-normal-pattern.shtml>

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