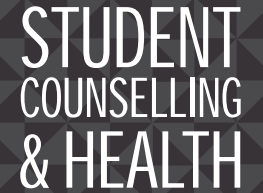
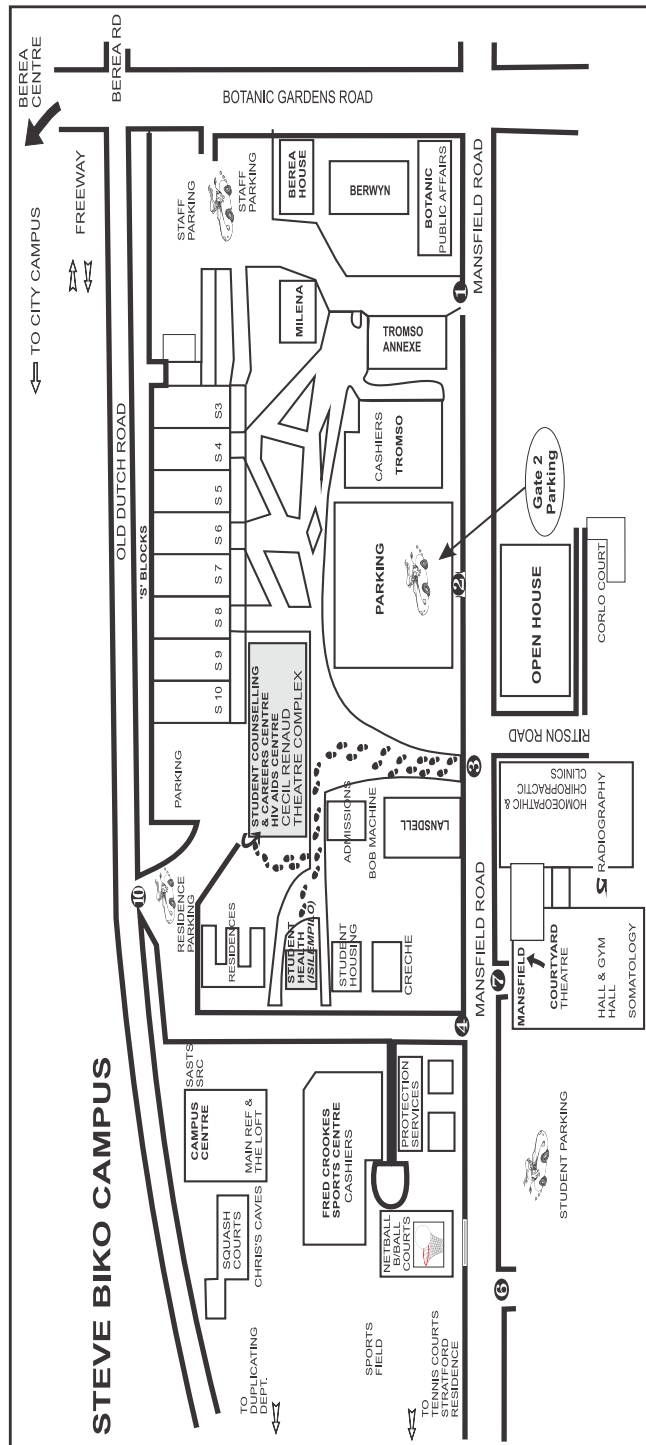


4. Give yourself incentives and rewards for achieving study period goals.
5. Do tasks that need most concentration at time when you are mentally and physically fresh.
6. Use your different senses when studying.
7. Feeling overwhelmed:
Break the task into smaller more manageable parts, and summon concentration for each separately. That way you won't feel so inadequate and full of self-doubt.
8. Strike a balance:
Do some exercise; eat healthy foods, drink lots of water, and avoid caffeine and foods high in sugar and fat that could negatively affect your concentration.

While the symptoms associated with ADHD have the ability to affect students and their academics, it is important to remember that such students do not necessarily lack the intellectual capacity to learn!

This is an initiative of the
Student Counselling and Health
Department
Durban University of Technology
Lower Library Complex
Steve Biko Campus
Tel: 031 373 2266

Developed by:
Megan Greer
Intern Counselling Psychologist



ADHD In University



WHAT IS ADHD?

Attention-Deficit/Hyperactivity-Disorder (ADHD) affects up to 70% of adults who were diagnosed as children with this disorder. ADHD is a chronic developmental condition that is characterised by problems with sustained attention, impulse control and regulating oneself to the demands of an activity. It is important to know that ADHD is normally first diagnosed in childhood where symptoms have been present before the age of 7-years and persist into adulthood if left improperly managed or treated.

ADHD in University

Adults with ADHD often have difficulties in social situations and experience challenges related to communication in both their personal and professional/academic lives. Individuals with ADHD may experience:

- Underachievement or poor grades
- More failed courses
- Dropout
- Difficulty completing tasks
- Memory problems
- Impulsivity
- Procrastination
- Lack of goals or direction for the future
- Low self-esteem
- Inability to prioritise
- Poor writing and note-taking skills
- Lack of persistence and
- Poor sleeping habits

Furthermore, despite the hyperactive and impulsive behaviours, individuals with ADHD may also experience other emotional and academic related difficulties, such as:

- A specific learning disability
- Depression
- Anxiety and/or
- Conduct disorder

Diagnosing ADHD

Diagnosing ADHD is done by a health professional such as a Psychologist, Psychiatrist or GP. These professionals are trained to assess and identify symptoms and behaviours using psychological tools and assessments, and other information gathered from you, your family members, and past and current teachers. Adults often do not fully understand or recognise their symptoms of ADHD and usually seek treatment for other difficulties, discovering that ADHD is the cause of their difficulties.

ADHD vs. Poor Concentration

ADHD is a disorder that is present in childhood and is characterised by impulsivity, restlessness, hyperactivity, distractibility, interrupting others, excessive talking, not listening to instructions, being easily bored, disorganisation and lack of concentration.

It is important to know that everyone can experience these symptoms at any time and it does not necessarily mean that you have ADHD.

So, what can you do to help overcome some of these problems and expand your concentration span?

- Different people have different amounts of time which they can concentrate for.
- For most people, intense concentration lasts for about 40 minutes.
- If a study session is 40 minutes, use the first 20 minutes to learn new concepts and ideas; use 10 minutes to then process these (maybe in the form of a group discussion); and use the last 10 minutes to reinforce what you have learned.

Common barriers to concentration are boredom, anxiety and day-dreaming. Counteract these by:

1. STOP!!

When you notice your thoughts wandering, say to yourself STOP! and bring your attention back to where you want it to be.

2. Worry time:

Set aside one or more specific times in the day when you are allowed to worry. Whenever anxiety or a distracting thought enters your mind, banish it (or jot it down to remember later) until your next worry time.

3. Have a break:

In between periods of concentration, do things such as stretches, a 10 minute walk outside, or making a cup of tea to change your physical and mental activity.