ADHD Specific Support

Common challenges for students with ADHD.

- Self-directed learning may be particularly challenging.
- Missing important information in lectures because of poor concentration and difficulties taking notes.
- Losing focus in lectures due to distraction stimuli in the environment.
- Organisation, sequencing information, and time management in university.
- Developing plans, setting and remembering goals.
- Initiating work without reading the instructions fully or understanding exactly what is asked.

Commonly used teaching & learning techniques

- Handouts in advance.
- Prioritised reading lists.
- Recording lectures.
- Students can contact their Disability Officer in situations where a deadline extension may be needed.

Commonly used exam accommodations

- Low distraction venue.
- Extra time.
**1:1 Disability Service Supports**

**Occupational Therapy**
- Help navigating the college facilities on and offline.
- Help the student to develop a balanced routine and weekly plan.
- Help you stay on track of coursework by developing plans and setting goals.
- Offer guidance about Social and Leisure engagement.
- Assist with preparation for placement and other work experiences.

**Specialist Academic Support**
Meeting with the Academic Support specialist can work well alongside your OT and AT meetings, or by itself. Academic support meetings are great when approaching exams, or to help you stay organised with your academic work throughout the year. Some things you may address in a 1:1 meeting:
- Becoming familiar with Blackboard and online systems.
- Developing a study plan.
- Specific study skills.

**Assistive technology**
Assistive Technology can be both high and low tech and can help you perform tasks more easily. Students with ADHD commonly use the following:
- Speech to text software.
- Grammarly.
- Note taking.
- Touch typing.
Where can I find more information about the Disability Service?

How to access the ASKDS Disability Service Blackboard module

1. Log in to Blackboard Learn

2. Click on ‘Module Search’.

3. Type ‘Disability Service Supports’ in the ‘Module Search’ box and click ‘Go’.

4. If more than one module appears, click on the drop-down arrow beside ‘ASKDS’ under the ‘MODULE ID’ field.

5. Click on ‘Enrol’.

6. Click on ‘Submit’.

Find the Disability Service on social media

Twitter: @TCDAbility

Facebook: Trinity Disability Service

Instagram: @TCDAbility

Youtube: DS Service TCD

Be sure to meet with a Disability Service (DS) staff member to complete your LENS report.

Need more help?
Just askds@tcd.ie