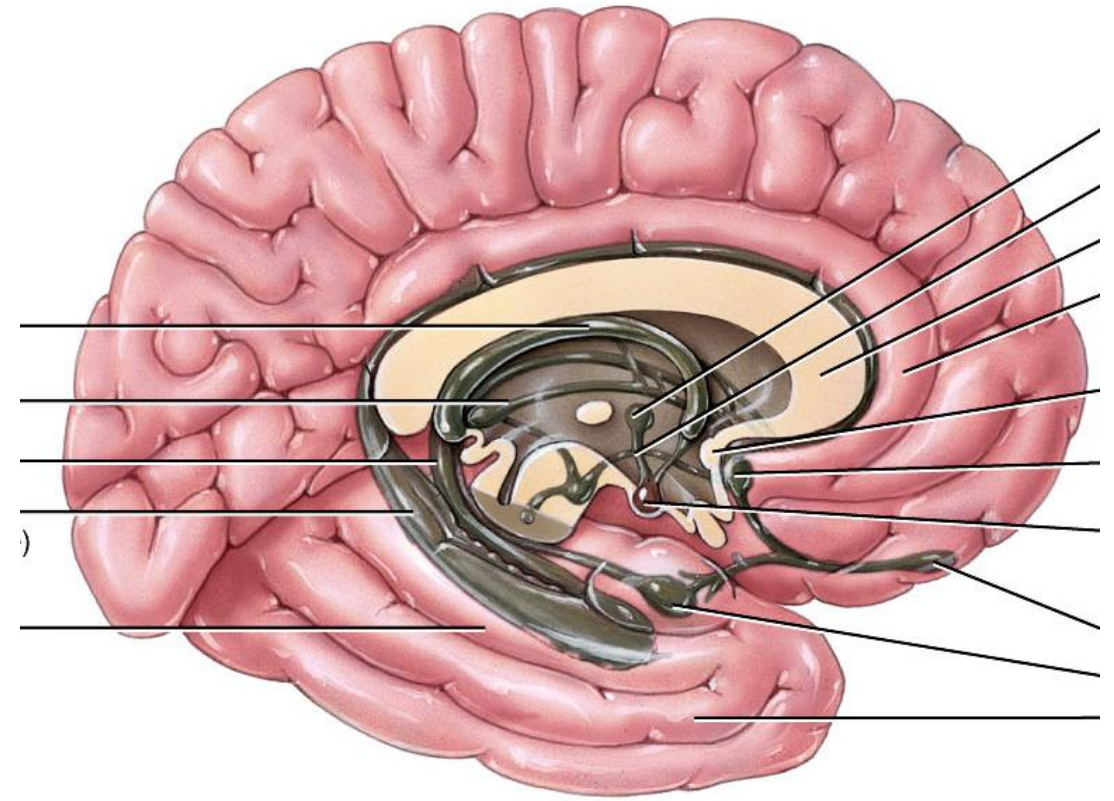
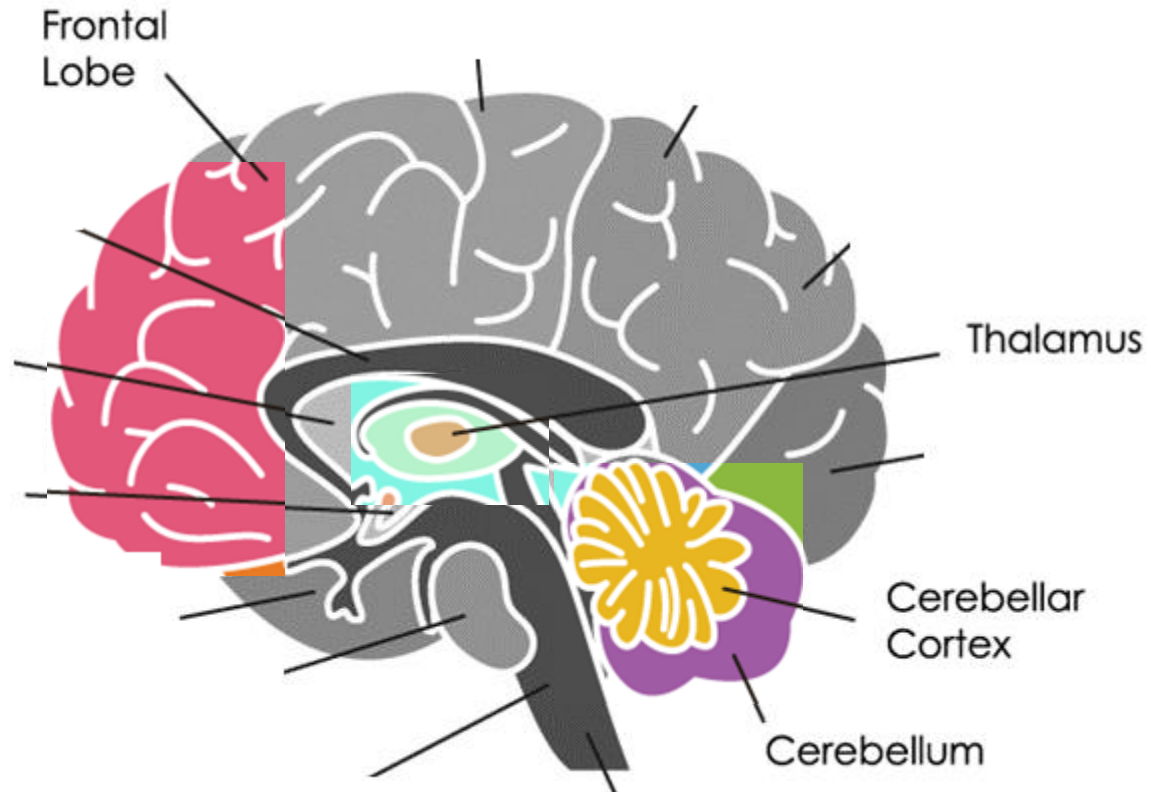


Why can't I do this?

Succeeding at college with ADHD

What's up with our brains?



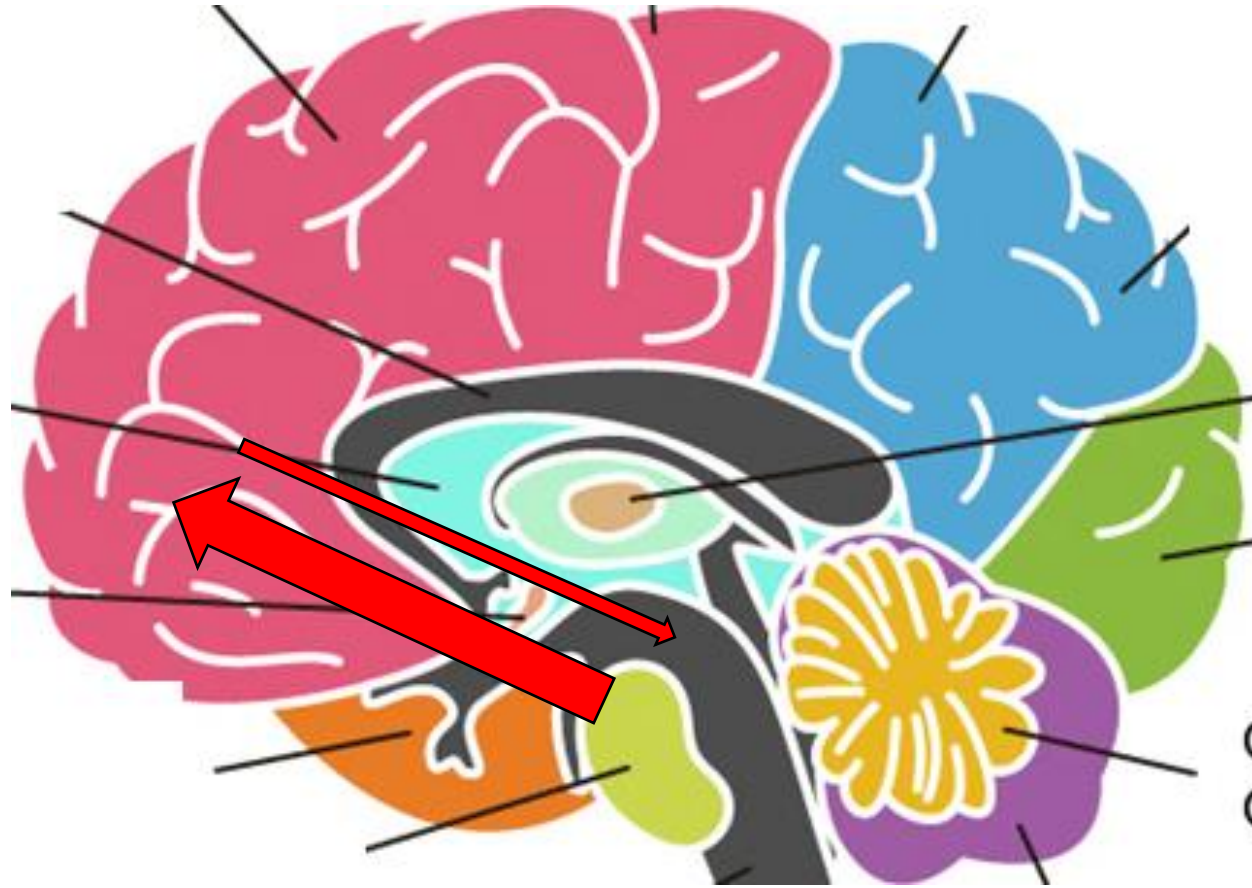
Sagittal section

Limbic System

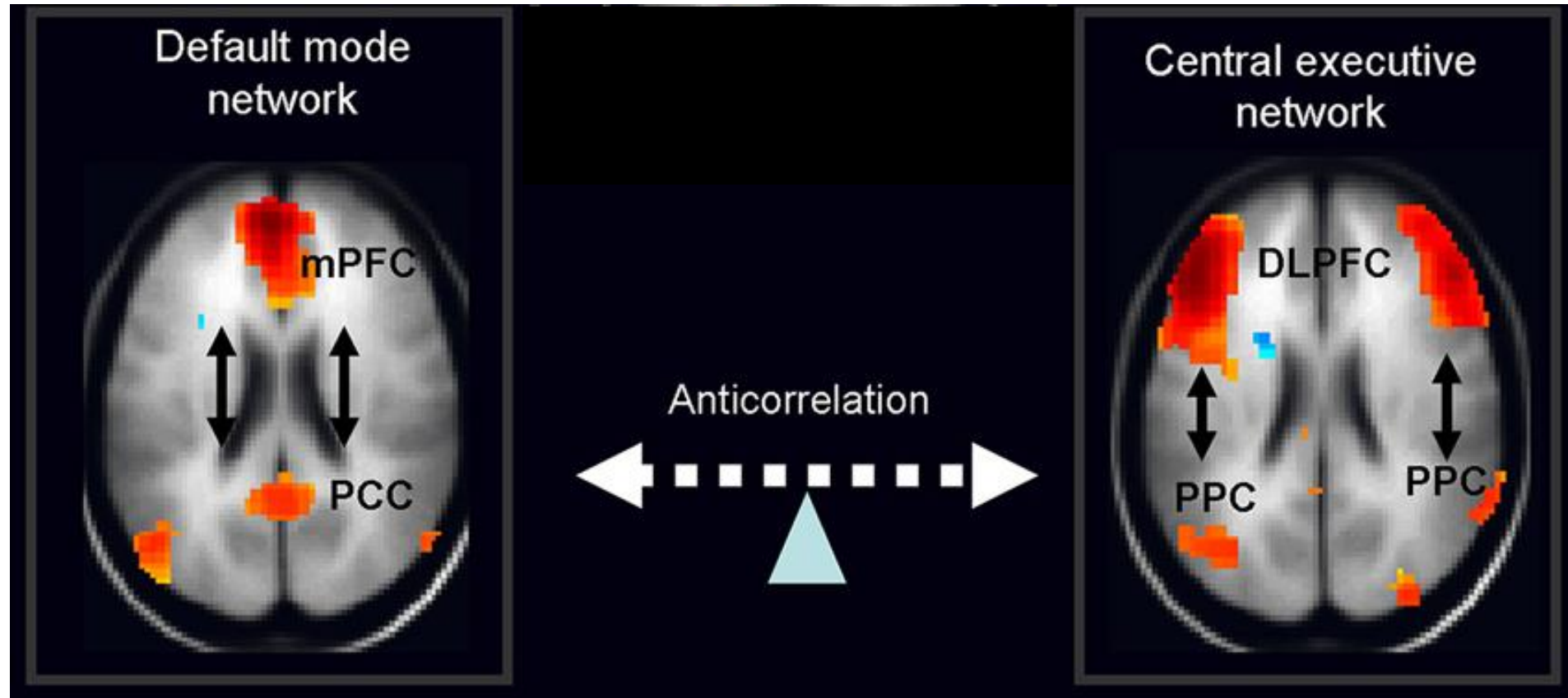
What's up with our brains?



What's up with our brains?



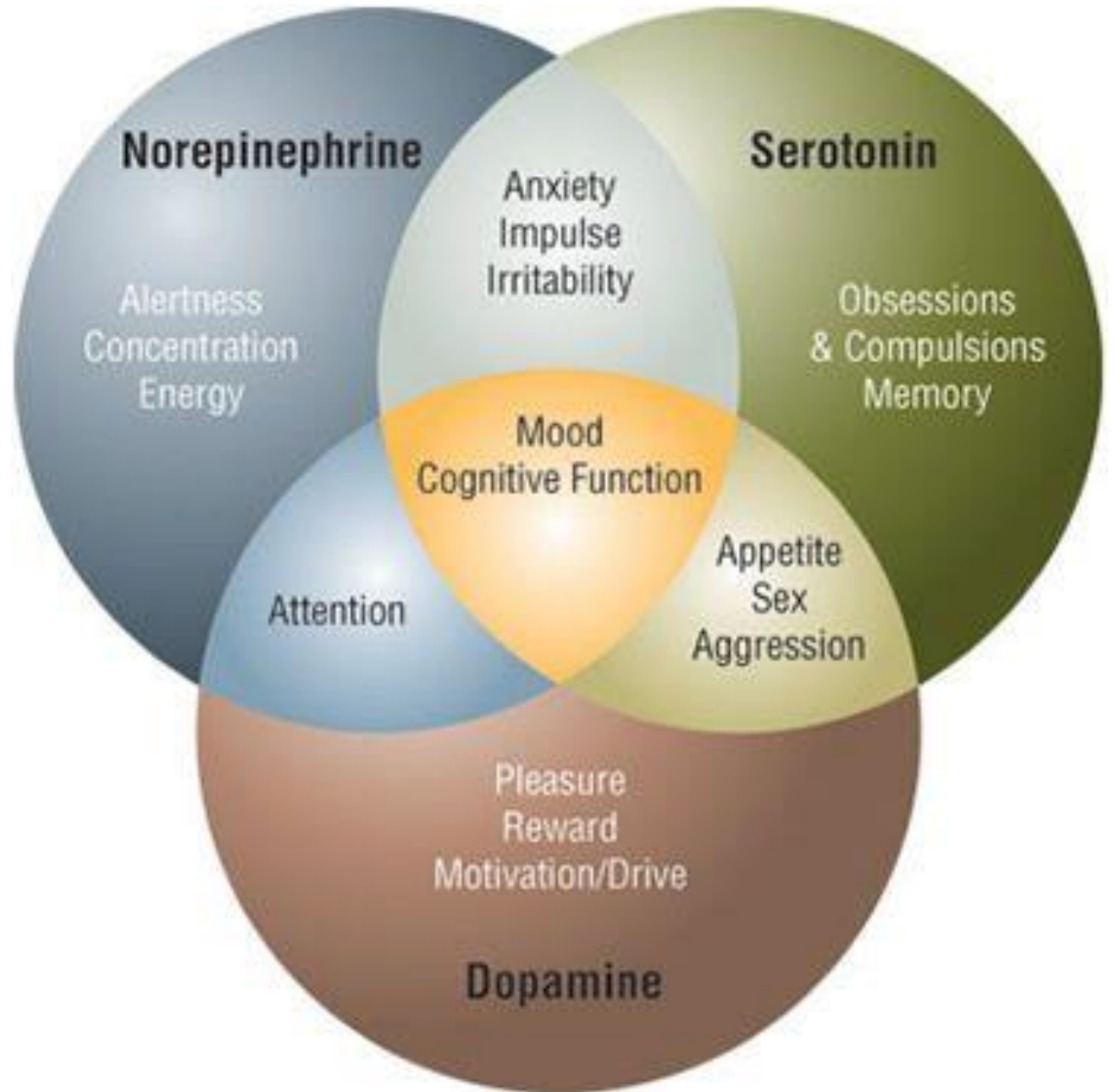
Default Mode Network



Neurotransmitters

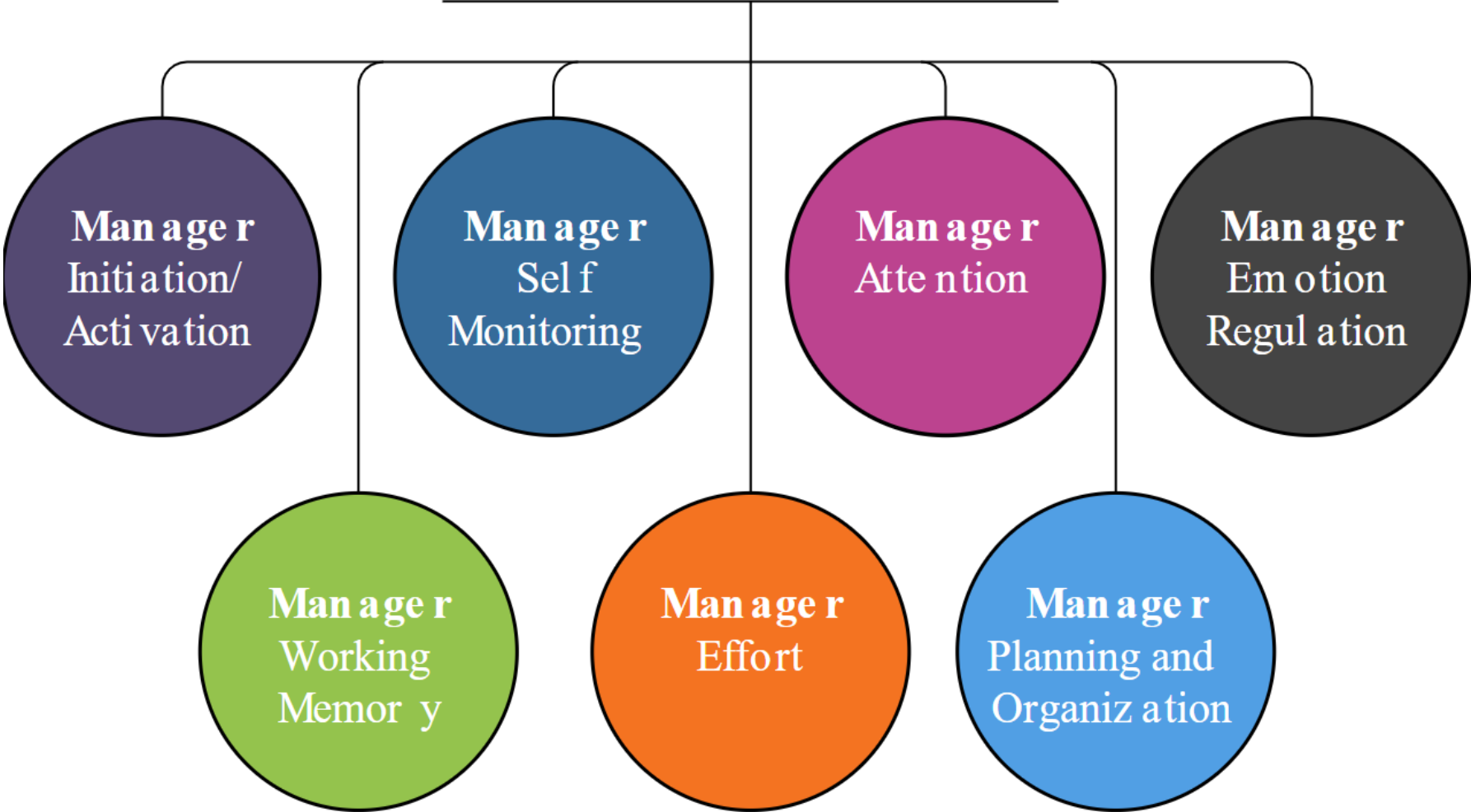
ADHD brains lack the reward pathways in the brain

- Lack of satisfaction from tasks
- Lack of impulse control
- Lack of executive function



Executive Function Deficit

Executive Function



Metacognition

“Thinking about how you think”

How do I organize?

Where do I struggle?

What do I forget?

Remembering

The screenshot shows a habit tracking application with three main sections: Habits, Dailies, and To-Dos. Each section has a list of items with progress indicators and a 'Add a [Category]' button at the top.

- Habits:** Makeup, Afternoon meds, 5 Minute Tidy, Deoderant, 5 minutes breath practice, Forgot meds, Get 9 hours walking, Water.
- Dailies:** Grocery planning, Master bath counter/sink, General Garbage, Semiannual, Take out trash, Morning routine (with sub-tasks like Brush hair, Brush Ripley hair, Ripley snack, Pirate time, Meds).
- To-Dos:** Deal with parking ticket, Renew Passport.

A collection of handwritten habit trackers on a wall. The trackers are organized into sections with yellow and pink headers.

- How Ya Doin? MEALS EATEN OUT** (Goal: 5 or less per week). A table with columns M, T, W, T, F, S, S. An 'X' is marked under M.
- F/V EATEN** (Goal: 3 fruits, 3 veggies a day). A table with columns M, T, W, T, F, S, S. The number '3/4' is written under M.
- 3 MEALS A DAY** (Goal: at least 3 times a week). A table with columns M, T, W, T, F, S, S. An 'X' is marked under M.
- MORNING STUFF** (Checklist):
 - WAKE UP
 - UP BY 7:00am
 - SHOWER
 - TAKE MEDS
 - TIME TO YOURSELF
 - BREAKFAST
- NIGHT STUFF** (Checklist):
 - FIN BED BY 10:30P
 - BRUSH TEETH
 - TRUCK WASH, PUT OUT CLOTHES
 - SCREENS OFF @ 10:00P
 - READ 10 MINUTES
- OTHER EXERCISE** (Goal: 2X A WEEK).

A handwritten checklist in a notebook for the week of September 4-10. The page is titled 'WEEK 4-10 SEP' and 'TASKS'. The tasks are listed with checkboxes, some of which are marked with an 'X'.

WEEK 4-10 SEP

TASKS

- My Time social game
- X Monthly analysis
- X AdWords call
- X PR onboarding
- Video post
- PDF lead magnets

4 SEP MON

- X Pets Out
- X office
- X My Time
- X Nasko
- X Tanya
- X PR call
- Nasko
- Trav
- + ver
- re
- "d
- 10,00

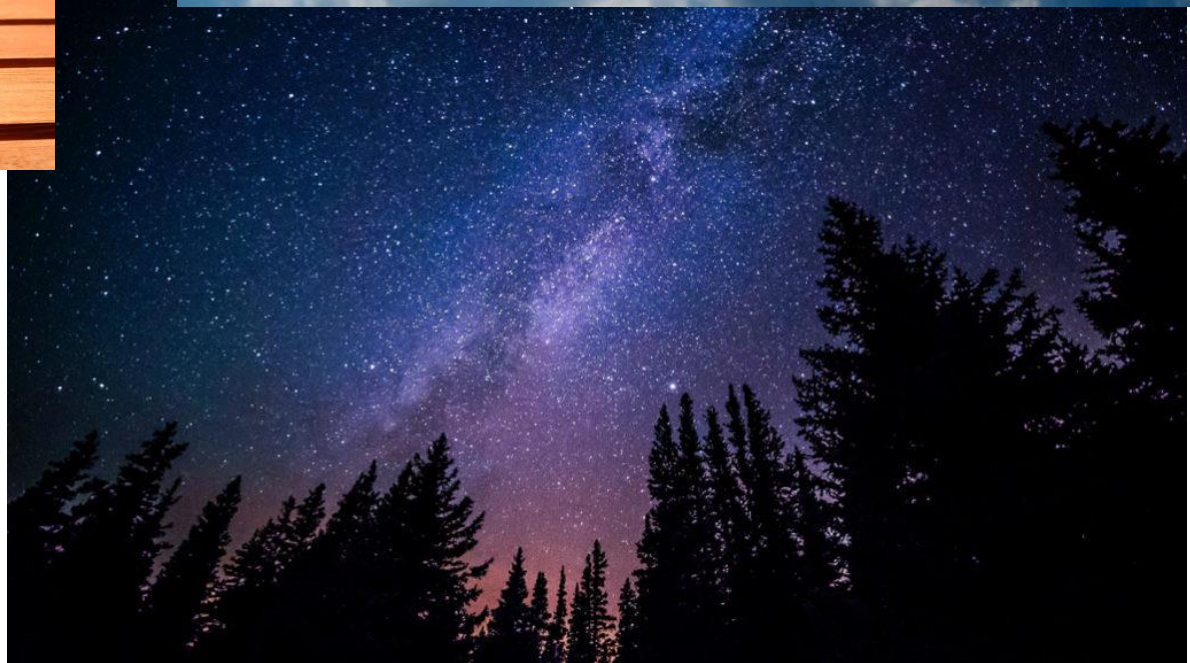
Find a checklist that works for you!

Focusing: Where?



- Find multiple places, and switch between them!

Focusing: When?



Focusing: How long?



- Set timers to remind you when to study...and when to stop.

Finishing



80% | 20%

- To start projects, convince yourself to just do 20% of what you need
- To finish, convince yourself that 80% good enough is good enough

Keeping Focused: Body Doubling

- It's easier to work on something if there's someone else near you who's also working on something
- Provides a reminder to stay on task, and very gentle pressure to keep working as long as they do
- Doesn't have to be the same thing! Just important that you both are doing something



- Roommates
- Friends
- Classmates
- Tutors
- Siblings/Parents

How to start the big tasks (and the small ones!)

“Chunking” – break a task into its components



How the heck do I deal?

- Break down tasks into actionable steps

1. Get bread
2. Put peanut butter on bread
3. Put jelly on bread
4. Put bread together
5. Put on plate, eat



How the heck do I deal?

- Break down tasks into actionable steps
 - Break down first task into smaller tasks

1. “Get bread”

- A. Decide on preferred bread
- B. Retrieve bread from pantry
- C. Open bag
- D. Pull out two slices
- E. Close bag, put away



How the heck do I deal?

- Break down tasks into actionable steps
 - Break down first task into smaller tasks
 - Break down the first few of those tasks into even smaller steps

A. “Decide on preferred bread”

A. Look in pantry to see what’s there

B. Check in with my emotions to decide
which I prefer

C. If unsure, flip coin



How the heck do I deal?

- Break down tasks into actionable steps
 - Break down first task into smaller tasks
 - Break down the first few of those tasks into even smaller steps

- A. “Decide on preferred bread”
 - A. Look in pantry to see what’s there
 - B. Check in with my emotions to decide which I prefer
 - C. If unsure, flip coin

You are done breaking when you can look at the list and think “Yeah, I can do that.”



How the heck do I deal?

- Break down tasks into actionable steps
 - Break down the first task into smaller steps
 - Break down the first of those tasks into even smaller steps

You are done breaking when you can look at the list and think “Yeah, I can do that.”
- Put the small steps onto a to-do list and schedule when you are going to do them!
- Make one of your last to-do’s : break down the next set of tasks

Motivation

- Remind yourself of why you are doing this!
- Rewards for five minutes of studying
- Change “I should” into “I want to”.
- **Forgive yourself!!**

Accountability

- What motivates you best? Rewards? Fear? Shame?
- Find an accountability coach that you have to show progress to.
 - Don't lie to them...
- Study with friends or classmates.
- Talk to professors for help on breaking down large assignments. See if they will assign intermediate due dates.

Tools

- Ask to record lectures. Ask for slides or outlines in advance.
 - Disability Services Office!
 - Go to office hours!
- Learning Assistance Programs
- Seattle U CAPS

- Reduce stress
 - Exercise
 - Meditation
 - Get outside
 - Don't use stress reducer as dark playground!!

I can do this!

Succeeding at college with ADHD