

Recent Developments on Adult ADHD and their Implications for Students and Teachers

Noland White
Georgia College

Attention-Deficit/Hyperactivity Disorder (ADHD) is a developmentally disabling disorder of inattention, impulsivity, and hyperactivity that commonly persists into young adulthood. ADHD affects 3 – 5% of adults worldwide and appears to be consistent across different cultures. The symptoms of ADHD can impact multiple life areas and be especially challenging during academic pursuits for adult students with the disorder.

This interactive workshop will provide an update on recent developments in the investigation of ADHD in adults, with an emphasis on brain mechanisms associated with the disorder. Structural and functional brain imaging research will be reviewed, along with implications for various cognitive and behavioral characteristics of the disorder. Developments in the non-pharmaceutical treatment of ADHD will also be summarized. Findings will be discussed in the context of challenges young adults with ADHD may face in their college, work, and personal lives. The session will include discussion of ways teachers may be able to help students with ADHD beyond basic accommodations to help these students be more successful, including general course design issues that may also benefit their students as a whole. Teachers are encouraged to share their own experiences and strategies for working with students with ADHD.