



## **Twelve things college students with ADHD would like their teachers to know**

1. I really do forget things, I am not trying to be smart, sassy or arrogant. I simply do not always remember.
2. I am not stupid.
3. I really do complete my homework. It is easy for me to lose papers, leave them at home and otherwise not be able to find my homework at the proper time. Completing homework in a notebook is much easier for me as it will not get lost as easily. Loose papers are difficult for me to keep track of. (Once my mother found my homework in the bread drawer after I had left for school!).
4. If I ask the same question over or ask many questions, it is not out of arrogance. I am trying hard to understand, comprehend and remember what you have said. Please be patient and help me.
5. I want to do well. I have struggled with schoolwork for many years and it is frustrating to me. My goal is to do my best and pass this class with flying colours.
6. ADHD is not an excuse. ADHD really does exist and it does affect my thinking process. I would like to be "normal" and be able to remember and process information quickly, I do not enjoy being "different" and made fun of for my differences.
7. I need your help to succeed. It isn't always easy for me to ask for help and sometimes asking makes me feel stupid. Please be patient with my attempts and offer your help.

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**adders.org,(2004), ADD/ADHD Online Information, available from [www.adders.org/info136.htm](http://www.adders.org/info136.htm) [accessed 21 May 2012]**



**8.** Please be sure to talk with me in private about behaviours or actions that may not be appropriate. Please do not humiliate me, insult me, or call attention to my weaknesses in front of the class.

**9.** I do better with a detailed plan and knowing what you expect. If you should change plans in the middle to adapt to some outside influence, please help me to adapt. It may take me longer to adjust to the changes. Structure and guidance are my best allies.

**10.** I don't like having "special accommodations." Please do not draw attention to them and help me to succeed with the least amount of attention drawn to my ADHD.

**11.** Learn about ADD/ADHD, read information and find out all you can on how kids with ADHD learn and what can make it easier for them.

**12.** Always remember that I am a person with feelings, needs and goals. These are as important to me as yours are to you.