ADD and the College Student

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Counseling Services
What is ADD?

- A neurological syndrome that contains a triad of symptoms including impulsivity, distractibility, and hyperactivity to the point it is disabling on a person's major life functions.
What are the common symptoms?

- **Impulsivity** — Doing things on the spur of the moment
- **Distractibility** — Being easily distracted or “taken away” from whatever the focus at hand is.
- **Hyperactivity** — Engaging in rapid behaviors; not necessarily physical ones.
How is it Diagnosed?

- Through clinical interviews
- Through neurological testing
Is it Real?

- “Normal” Human Brain vs. ADD Adult Brain
Do Meds Help?

- Yes; when properly prescribed medications *can* help
Positive side of Medications

- Increased ability to focus
- Heightened attention span
- More controlled hyperactivity
Negative sides of Medications

- Can be improperly prescribed
- Not all meds work for everyone
- ADD and the meds to treat it are “young”
How does it affect college students?

- Difficulty studying/focusing for tests
- Increased possibility for self-medication
- Poor time-management skills
- Increased at-risk behaviors
- Difficulty with social skills
Gender Differences

- Women: Become more forgetful and hyperactive. Can see “spacey”.
- Men: Become more aggressive and seek out heightened levels of environmental stimulation (alcohol, sex, etc.)
What are some positive aspects of ADD?

- Excellent multi-tasking skills
- Some careers people with ADD are more successful
- Potential for higher levels of academic success
Famous People with ADD

- Amadeus Mozart
- Louisa May Alcott
- Jay Leno
- Jackie Stewart
- J.C. Penney
Potential Learning Strategies

- Chunking
- Visual Learning
- Audio Learning
- Learning with Technology
- Mnemonic Devices
- ADD Coaching
Chunking

- Break down information into manageable groups
Chunking Example:

- Alabama
- Oregon
- South Carolina
- Alaska
- Ohio
- South Dakota
- Arizona
- Oklahoma
- Arkansas
Chunk by first letters!

- Alabama
- Arkansas
- Arizona
- Alaska

- Oklahoma
- Oregon
- Ohio

- South Dakota
- South Carolina
Visual Learning

- Putting things in forms that visually are appealing
Visual Learning Example:

Elia Wallach was born in Transylvania to an Orthodox Jewish family that was very devout and strict in Jewish observance. He was thirteen years old when his family was deported to Auschwitz, but he managed to escape and return home. He spent years in hiding and endured great hardships. His survival and return to his family were miracles.

1. How do you identify NC's location on a map?
   - NC is in the sunbelt that runs across the south of the United States. It is warmer than Canada and the northern United States.

2. How do you locate NC's mountainous region?
   - NC's mountains are located to the west of the United States, south of the tropic of cancer. It is warmer than Canada and the northern United States.

3. How do you classify NC's climate?
   - NC has a warm climate similar to the Mediterranean region.

4. What natural resources does NC have?
   - NC is rich in natural resources, including coal, timber, and minerals.

5. What are some cultural traditions of NC?
   - NC has a rich cultural heritage, including the Cherokee, Catawba, and other Native American tribes.

6. How did NC's economy develop?
   - NC's economy is based on agriculture, manufacturing, and tourism.

7. What are some major cities in NC?
   - Raleigh, Charlotte, and Greensboro are major cities in NC.

8. How do you explain the growth of NC's economy?
   - NC's economy has grown rapidly due to its strategic location, natural resources, and strong educational institutions.

9. What are some issues facing NC?
   - NC faces challenges such as poverty, healthcare, and education.
## Visual Learning

### TOPICS: MANAGERS AND MANAGEMENT

**Sub-topics:**
- What is management?
- Why do we have managers?
- What do managers do?

**Revision Questions:**
1. What are some definitions of management?
   - **Management**—the process of coordinating and overseeing the work activities of others so that their activities are completed efficiently and effectively.
   
   - "The conventional definition of management is getting work done through people, but real management is developing people through work." (Abdol 1984)

   - Good management consists of showing average people how to do the work of superior people (Rockefeller 1920)

2. What are Fayol’s four elements of management? Give an example of each in a modern-day management setting.
   - Fayol’s four elements of management:

<table>
<thead>
<tr>
<th>PLANNING</th>
<th>LEADING</th>
<th>ORGANISING</th>
<th>CONTROLLING</th>
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</thead>
<tbody>
<tr>
<td>Management function that involves defining goals, establishing strategies, and developing plans to integrate and coordinate activities.</td>
<td>Management function that involves working with and through people to accomplish organizational goals.</td>
<td>Management function that involves arranging and structuring work to accomplish the organization’s goals.</td>
<td>Management function that involves monitoring, comparing, and correcting work performance.</td>
</tr>
<tr>
<td>Motivating, leading and any other actions involved in dealing with people.</td>
<td>Motivating, leading, and any other actions involved in dealing with people.</td>
<td>Monitoring activities to ensure that they are accomplished as planned.</td>
<td>Monitoring activities to ensure that goals are being met and that work is being completed as planned, managers must</td>
</tr>
<tr>
<td>Example: Managers are leading when they:</td>
<td>Example: Managers are leading when they:</td>
<td>Example: When managers organize they:</td>
<td>Example: To ensure that goals are being met and that work is being completed as planned, managers must</td>
</tr>
<tr>
<td>- Define goals.</td>
<td>- Establish priorities.</td>
<td>- Determine what tasks are to be done.</td>
<td>- Monitor and evaluate performance.</td>
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<tr>
<td>- Establish strategies for achieving those goals.</td>
<td>- Assign responsibilities.</td>
<td>- Who is to do them.</td>
<td>- Actual performance must be compared with the previously set goals.</td>
</tr>
<tr>
<td>- Develop plans to integrate and coordinate activities.</td>
<td>- Select the most effective communication channels.</td>
<td>- How the tasks are to be grouped.</td>
<td>- If there is any significant deviation, it is management’s job to get work performance back on track.</td>
</tr>
<tr>
<td></td>
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<td>- Who reports to whom and at what level decisions are to be made.</td>
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### Foundations of Psychiatric Mental Health Nursing

**Mental Health**

- The WHO defines health as a state of complete physical, mental, and social well-being, not merely the absence of disease or infirmity.
- Mental health is influenced by individual factors, including biological, social, and psychological characteristics.
- Mental health is characterized by ability to function effectively in society, by interpersonal abilities, by effective communication of thoughts, feelings, and behavior, and by social and cultural norms and expectations.
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**Diagnostic and Statistical Manual of Mental Disorders**

- The APA (2020) defines a mental disorder as a clinically significant behavioral or psychological syndrome or maladaptive pattern that occurs in an individual and is manifested by inappropriately or specifically symptomatic behaviors, thoughts, feelings, or experiences.
Topics: Integers & von Emde Boas
- models: word RAM & cell probe
- predecessor problem
- von Emde Boas DS
- y-fast trees

Models for integer data structures:
- word = u:0 + integer ≤ |u| + 1
  - all elements: inputs, outputs,
  - transdichotomic RAM (Random Access Machine)
    - memory = array of S words
    - operations read/write O(1) words
    - words serve as pointers
      \[ w = \lg S \]
      \[ \text{in particular } w = \lg n \text{ machine/problem} \]
      \[ \text{word RAM: transdichotomic RAM} \]
        with C-style operations: \[ +, -, \times, /, \ll, \gg \]
        - standard model
          \[ \text{cell probe: count # memory reads & writes} \]
          \[ \text{compilation is free} \]
          \[ \text{unrealistic} \]
          \[ \text{useful for lower bounds} \]
Audio Learning

- Tape record information and play it back in a way that’s interesting
Sigmund Freud
(1856-1939)

Compiled by Himmat Rana (May 1997)

Sigmund Freud was one of the trailblazers of modern-day psychology. As the originator of Psychoanalysis, Freud distinguished himself as an intellectual giant. He pioneered new techniques for understanding human behavior, and his efforts resulted in the most comprehensive theory of personality and psychotherapy ever developed. Freud was the firstborn in a Viennese family of three boys and five girls. He was born in Freiberg, a rural town near drift in northeastern Moravia. Even though Freud's family had limited finances and were forced to live in a crowded apartment, his parents made every effort to foster his obvious intellectual capacities.

From a very early age he had many interests, unfortunately his career choices were limited because of his Jewish heritage. He attended school at "Germanisches Gymnasium" and took his leaving exams in July 1873. This was also the year that Freud registered at the faculty of Medicine at the University of Vienna. In 1881, he obtained his doctorate in medicine. From 1878 to 1881, he worked as a research assistant at the Institute of Physiology under Ernst Duhring, with neurology as his main focus. In 1885, Freud received a one-year scholarship with Charcot at the "Société d'Etudes" in Paris. In 1886, Freud opened his first psychoanalyst's office in Vienna. Under Jean-Martin Charcot, Freud practiced and observed hypnosis as a clinical technique, and began to formulate the beginnings of his theory on the mind. Freud went on to make nervous ailments his specialty, concentrating on hysteria. By 1895, the year he published Studies in Hysteria with Josef Breuer, he had made
Learning with Technology

- Evernote—organizes notes
- Quizlit—Creates self-quizzes
- ToDo—Helps organize tasks
- Xmind—For Mindmapping
Learning Technology—Don’t forget Siri/Alexa/Android, etc.!

Record deadlines and exam reminders!
Mnemonic Devices

Techniques a person can use to help them improve their ability to remember something. In other words, it's a memory technique to help your brain better encode and recall important information.
Mnemonic Devices--Examples

<table>
<thead>
<tr>
<th>Mnemonic</th>
<th>Please</th>
<th>Excuse</th>
<th>My</th>
<th>Dear</th>
<th>Aunt</th>
<th>Sally</th>
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<td><strong>E</strong></td>
<td><strong>M</strong></td>
<td><strong>D</strong></td>
<td><strong>A</strong></td>
<td><strong>S</strong></td>
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<tr>
<td></td>
<td>- Parenthesis</td>
<td>- Exponent</td>
<td>- Multiplication</td>
<td>- Division</td>
<td>- Addition</td>
<td>- Subtraction</td>
</tr>
</tbody>
</table>

Every Good Boy Does Fine

Elvis' Guitar Broke Down Friday

Eat Good Burritos During Fiesta

Mnemonic Devices

Treble clef

Line notes

E4 G4 B4 D5 F5

Nobody Enjoys Stinging Wasps
ADD Coaching

- Have a person help you keep track of things and schedules
- Helps internalize your own “coach”
ADD Coaching

- Ideally a person who doesn’t know you personally
- Has copies of all syllabi and access to checking grades (with you
- This service is currently available in our Learning Resource Center!
Other Success Strategies

- Time organizers
- Accommodations
- Support Groups
- Others?
Resources at COD/Greater Chicago:

- Special Student Services
- CHADD Naperville (630) 961-0161 OR www.chadd.org
- Counseling Services at COD
- People you look up to and trust
Personal Strategies
The Topic or Chapter Name

1. Major Point / Slide Title
   This is where I start to write info.
   Pg 102
   I also write page numbers next to the info so I can find it quickly in the textbook.
   New Vocab
   Word: Definition

2. Major Point / Slide Title
   If I already know it, I just use keywords:
   - bullet points
   - keywords
   - easy, familiar content
   - no need to write whole sentences
   Pg 114

3. Major Point / Slide Title
   If it's a new concept, I use sentences:
   This way, if there is something that's confusing or a gap in my notes, I can reference the book easily!
   New Vocab
   Word: Definition

4. Major Point / Slide Title
   I get this info from my "scribbly" notes!
   Info
   Info

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Nostalgia
Yu Guangzhong

When I was young,
Nostalgia was a
Me on this side,
Mother on the other

what. I grew up.
Westward was a
Me on this side,
Bridge on the other

But later on,
Nostalgia was a
Me on the outside,
Mother on the inside

And at present,
Nostalgia becomes a shallow strait.
Me on this side,
Mainland on the other side.

09:00 ~ 13:00 Pickup & Checkin
09:00 ~ 12:00 Free Time
12:00 ~ 14:00 Buffet Lunch
14:00
14:00 ~ 17:30 Happy Hours
18:00 ~ 20:00 Dinner

9/24/2019
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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Questions?