SUPPORTING TERTIARY STUDENTS WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

For community resources available for students with SEN, please visit http://wp2.cedars.hku.hk/sen-resources/

To learn more about other types of SEN, please visit www.cedars.hku.hk/cope/sen-leaflets
SUPPORTING TERTIARY STUDENTS WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER

What is AD/HD?
Attention-Deficit/Hyperactivity Disorder (AD/HD) is a neurodevelopmental disorder. Students with AD/HD may have the following features that lead to challenges in university education:

**INATTENTION**
- Difficulties in sustaining attention and tendency to avoid task requiring extended mental effort (e.g. essay writing)
- Excessively careless
- Absent-minded
- Difficulties in completing work in accordance with instructions
- Weak in organization
- Weak in prioritizing ideas and tasks
- Distractible and forgetful (e.g. missing deadlines)

**HYPERACTIVITY AND IMPULSIVITY**
- Fidgety and restless
- Excessive talking
- Impatient and interruptive (e.g. interrupting others’ conversations or activities)
What support do students with AD/HD need in university life?

Given the above difficulties, reasonable accommodations and support may enhance their learning and adaptation in different aspects of university life, examples of which include:

**LEARNING**
- Allow recording of lectures to assist understanding and later review
- Arrange study place with less distractions

**ASSESSMENT**
- Rest breaks for classes and exams of long duration
- Separate examination venue to reduce distractions
- Allow extra time to complete assignments

**COMMUNICATION**
- Give clear and concise instructions to facilitate task comprehension and completion
- Repeat or elaborate on complicated concepts

**SELF-MANAGEMENT**
- Set reasonable goals
- Plan assignments and activities in advance
- Keep a schedule that records important dates (e.g. assignment deadlines, appointments, etc.)
- Constant review on work progress
- Acquire study skills to improve learning efficiency
How can I interact with students with AD/HD?

TIPS FOR TEACHERS/TUTORS

- Divide a lecture into sections (e.g. intersect a lecture with discussions, learning activities and breaks)
- Talk straight to the student with step by step instructions
- Summarize important concepts at the end of the class

TIPS FOR PEERS

- Clear division of work in group projects
- Share study tips with the student (e.g. time management skills, reading skills, etc.)
- Provide support on planning of assignments and help to break them into smaller parts
- Remind the student on important dates (e.g. deadlines of assignments)
Volunteer with Us

All HKU students can contribute to building an inclusive campus. Volunteer opportunities include:

- Offering academic support (e.g. note-taking, study skills coaching)
- Providing social skills coaching
- Organizing activities to promote inclusion and diversity
- Working with people in recovery of mental illness
- and many more!

Get in touch with us to find out more.

Your Support Makes a Difference

The deadline of an assignment was extended as the professor understood that I am one of the SEN students who needs more time to complete assignments. Before I sent the email to the professor and asked for extra time, I felt helpless as several assignments were going to due in two weeks’ time. After receiving the email from professor, I was relieved and encouraged to work even harder to complete all assignments. We are not different, we just need help from you. A little help means a lot!

Student
Available Support for Students with AD/HD

CEDARS Counselling and Person Enrichment (CoPE) Special Educational Needs (SEN) Support

We are committed to supporting students with disabilities or Special Educational Needs (SEN) in overcoming barriers and achieving successful university education. The support provided is meant to “level the playing field” without undermining academic core requirements of a course.

The listed suggestions are not exhaustive and the support needed by students varies individually. Students with special needs are encouraged to meet with us for needs assessment and advice.

For enquiries, please contact us at:

📍 Room 301-323, 3/F, Main Building
📞 (852) 3917 8388
✉️ cedars-SEN@hku.hk
🌐 https://www.cedars.hku.hk/cope/sen-support/

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