



Handout 1 | ADHD common misconceptions | Please fill in the blanks:

1. “_____” *of attention* → We do not have a deficit of attention → We have difficulty regulating where we focus our attention.
2. “A _____ *condition that will be outgrown*” → Around **5%** of adults in the USA have been diagnosed with ADHD. There is an estimation that this percentage can be larger.
3. “_____ *can't have ADHD*” → Often overlooked at a younger age
4. “*ADHD is not real. It is just laziness or too much energy*” → Our _____ are different, we need different strategies.
5. “_____ *behavior is always present, fidgeting, not being able to stay still*” → Inattentiveness, daydreaming, & disorganization are common behaviors in people who live with ADHD.
6. “*An ADHD diagnosis is a label*” → An ADHD diagnosis is not a label, it is a key to _____

Handout 2 | In pairs | 3-5 min | 1. Please write three or more helpful teaching strategies and three or more not-so-helpful teaching strategies. 2. Discuss how the helpful strategies have been or could be implemented in your teaching to create an inclusive teaching environment for neurodiverse learners and everyone.

Helpful inclusive teaching strategies	Not-so-helpful teaching strategies

References:

Hallowell, E. M., & Ratey, J. J. (2022). ADHD 2.0: New science and essential strategies for thriving with distraction--from childhood through adulthood. Ballantine Books.

Hartmann, T. (2019). ADHD: A Hunter in a Farmer's World. Simon and Schuster.

Jha, A. (2021). Peak mind: Find your focus, own your attention, invest 12 minutes a day. Hachette UK.

Neurodiversity | Harvard Medical School (<https://www.health.harvard.edu/blog/what-is-neurodiversity-202111232645>)

Glossary of most common neurodiverse conditions:

ASD Autism Spectrum Disorder: is often considered one of the most well-known neurodiverse conditions characterized by challenges in social communication and behavior. The prevalence of autism has been increasing in recent years.

ADHD Attention Deficit Hyperactivity Disorder: is another commonly recognized condition characterized by difficulties in attention, impulse control, and hyperactivity. It's prevalent in both children and adults.

Dyslexia: is a widely recognized learning disorder that affects reading, spelling, and language processing. It's estimated to affect a significant portion of the population.

Dyscalculia: is a specific learning disorder that impacts mathematical abilities. While less commonly known, it's still an important neurodiverse condition.

Intellectual Developmental Disorder: this condition involves limitations in intellectual functioning and adaptive behaviors. It's important to recognize and support individuals with intellectual disabilities.

Tourette Syndrome: is characterized by involuntary repetitive movements and vocalizations known as tics. It's relatively well-known due to its distinct symptoms.

SPD Sensory Processing Disorder: involving difficulties in processing sensory information, is gaining more recognition as awareness of neurodiversity grows.

NVLD Nonverbal Learning Disability: while less commonly known, NVLD is notable for its impact on nonverbal cues and social interactions.

Glossary of some mental health conditions that are generally not categorized as neurodiverse conditions but can be present simultaneously:

Mood conditions:

Depression: is a mood disorder characterized by persistent feelings of sadness, hopelessness, and a lack of interest or pleasure in activities. It often involves disturbances in mood regulation and neurotransmitter activity.

Bipolar Disorder: also known as manic-depressive disorder, involves alternating periods of elevated mood (mania or hypomania) and periods of depression.

Anxiety Disorders: encompass conditions like generalized anxiety disorder, social anxiety disorder, panic disorder, and more. These disorders involve excessive worry, fear, and apprehension. Many individuals with conditions like autism or ADHD also experience anxiety.

OCD Obsessive Compulsive Disorder: is an anxiety disorder characterized by persistent, unwanted thoughts (obsessions) and repetitive behaviors or mental acts (compulsions) aimed at reducing anxiety.

PTSD Post Traumatic Stress Disorder: develops in response to a traumatic event and involves symptoms such as intrusive thoughts, flashbacks, nightmares, and heightened emotional and physical reactions.

Mental health conditions:

Eating Disorders: conditions like anorexia nervosa, bulimia nervosa, and binge eating disorder are mental health conditions characterized by dysfunctional eating behaviors and distorted body image.

Substance Use Disorders: involve problematic use of substances like alcohol, drugs, or medications, leading to negative consequences on physical and mental health.

Neurodegenerative conditions:

Schizophrenia: is a complex mental disorder characterized by disturbances in thinking, emotions, and perceptions. It can involve hallucinations, delusions, and disorganized thoughts and behaviors.

BPD Borderline Personality Disorder: is a personality disorder characterized by unstable emotions, self-image, and relationships. It involves difficulties in emotion regulation and interpersonal functioning.

Neurodegenerative conditions (age-related):

Alzheimer's Disease: one of the most common neurodegenerative diseases, particularly in the elderly population. It primarily affects memory and cognitive functions.

Parkinson's Disease: while not exclusively age-related, Parkinson's disease tends to occur more frequently in older individuals. It is characterized by motor symptoms like tremors, rigidity, and bradykinesia (slowness of movement).

Huntington's Disease: this is a hereditary neurodegenerative disorder that typically manifests in mid-adulthood. It leads to motor problems, cognitive decline, and psychiatric symptoms.

Amyotrophic Lateral Sclerosis (ALS): also known as Lou Gehrig's disease, ALS affects nerve cells in the brain and spinal cord, leading to progressive loss of muscle control. It can occur in middle to late adulthood.

Normal Pressure Hydrocephalus (NPH): although relatively rare, NPH is an age-related condition where there is an accumulation of cerebrospinal fluid in the brain's ventricles, leading to cognitive impairment, gait disturbance, and urinary incontinence.

Lewy Body Dementia: this condition is characterized by the presence of abnormal protein deposits in the brain, leading to cognitive and motor symptoms. It often occurs in older adults and shares some features with both Alzheimer's and Parkinson's diseases.

Glossary of the ADHD iceberg

Poor Sleep: sleep disturbances are common in ADHD, possibly due to hyperactivity, racing thoughts, or difficulties winding down.

Restlessness: hyperactivity and inner restlessness can manifest as a constant need to move, fidget, or engage in activities to maintain stimulation.

Forgetting to Eat: forgetfulness and time-blindness can lead to skipping meals or forgetting to eat due to inattention to hunger cues.

Time Blindness: difficulty perceiving and managing time is a common symptom. Individuals might underestimate the time it takes to complete tasks or struggle with punctuality.

Hyperfocus: paradoxically, some individuals with ADHD can experience periods of intense focus on activities they find highly engaging, to the point of losing track of time and surroundings.

Easily Bored: individuals with ADHD often have difficulty sustaining attention on tasks that they find unstimulating or repetitive. They may become easily bored and seek novelty or excitement.

Low Self-Esteem: repeated challenges in organization, focus, and completing tasks can lead to a pattern of underachievement, affecting self-esteem and self-worth.

Anxiety & Depression: ADHD can be linked with higher rates of anxiety and depression. The challenges posed by ADHD symptoms can contribute to feelings of overwhelm, frustration, and emotional dysregulation.

Learning Difficulties: ADHD can impact learning, particularly in structured environments. Individuals may struggle with organization, time management, and following instructions.

Poor Working Memory: working memory involves holding and manipulating information in our minds. Individuals with ADHD often struggle with this, affecting tasks like following conversations or multi-step instructions.

Hypersensitivity to Rejection: emotional sensitivity can lead to heightened responses to criticism or perceived rejection, which might impact self-esteem and relationships.

Difficulty Maintaining Relationships and Jobs: impulsivity, distractibility, and emotional reactivity can challenge the ability to maintain stable relationships and consistent employment.

Emotionally Reactive: emotional responses can be intense and quick to arise due to the emotional regulation challenges associated with ADHD.

Difficulty with Self-Care: executive function deficits can make self-care activities like organizing daily routines, managing finances, and maintaining health habits challenging.