



Anhwylder Diffyg Canolbwyntio

Rydym ar y Llawr Gwaelod Isaf, Neuadd Rathbone, Ffordd y Coleg, Bangor, LL57 2DF

Cysylltwch â ni i drefnu apwyntiad i weld cynghorwr:

Ffôn: 01248 383620

E-bost: gwasanaethanabledd@bangor.ac.uk

<http://www.bangor.ac.uk/student-services/disability/dyslexia.php.cy>

Mae'r daflen ar gael mewn gwahanol fformatau

"Cyflwr niwrolegol" yw **Anhwylder Diffyg Canolbwyntio**¹ a nodweddir gan amrywiaeth o anawsterau'n ymwneud â chanolbwyntio a threfnu:

- Canolbwyntio ar dasg.
- Hawdd denu sylw a diflasu'n sydyn.
- Gwrando ar bobl eraill a rhoi sylw i fanylion.
- Colli ac anghofio pethau.
- Bod yn ddi-drefn.
- Gor-freuddwydio.

Mae Anhwylder Diffyg Canolbwyntio a Gorfywiogrwydd (ADHD) yn amrywiad ar Anhwylder Diffyg Canolbwyntio (ADD). Nodweddir yr anhwylder hwn gan ymddygiad aflonydd a byrbwyll sy'n gallu dod i'r amlwg trwy leferydd neu weithredoedd (Moody, 2014²).

Gall myfyrwyr sydd ag Anhwylder Diffyg Canolbwyntio a Gorfywiogrwydd fod:

Yn orfywiog:

- Aflonydd.
- Methu setlo.
- Bod 'fel cnonyn' - tapio bysedd neu draed - wastad yn symud.
- Siarad llawer neu yn uchel.

Yn fyrbwyll:

- Torri ar draws cyn i rywun arall orffen siarad.
- Symud o'r naill dasg i'r llall.

I fyfyrwr, gall y nodweddion hyn effeithio ar eu gwaith, ar eu gallu i reoli amser ac ar eu perthynas â phobl. Gall hyn arwain at unigrwydd ac iselder, a gall olygu nad yw myfyrwyr yn llwyddo mewn ffordd sy'n adlewyrchu eu cryfderau:

- Gallu meddwl am syniadau creadigol a gwreiddiol.
- Gallu meddwl yn gyflym ac yn reddfrol.
- Meddu ar lawer iawn o frwdfrydedd ac egni.
- Gallu gweld 'y darlun mawr'.
- Mentro pan mae eraill yn amharod i wneud.

Os hoffech wybod mwy am ADD/ADHD, ewch i:

<http://www.adders.org>

¹Honos-Webb, L. 2008 *The Gift of Adult ADD* Oakland, Ca, Harbinger

²Moody, S. (2014) *Dyslexia and Related Syndromes: A Quick Guide*, gwelwyd drwy: www.workingwithdyslexia.com 29 Gorffennaf 2014.





Attention Deficit Disorder

We are on the Lower Ground Floor, Neuadd Rathbone, College Road, Bangor, LL57 2DF

To make an appointment to see an adviser:

Tel: 01248 383620

E-mail: disabilityservice@bangor.ac.uk

<http://www.bangor.ac.uk/studentsservices/disability/dyslexia.php.en>

This leaflet is available in alternative formats

Attention Deficit Disorder is a "neurobiological condition"¹ characterised by a range of attentional and organisational difficulties such as:

- Staying on task.
- Becoming distracted and getting bored quickly.
- Listening to others and attending to detail.
- Losing and forgetting things.
- Being disorganised.
- Excessive day-dreaming.

A variant of **Attention Deficit Disorder** (ADD) is **Attention Deficit Hyperactivity Disorder** (ADHD), which is characterised by restless and impulsive behaviours that can manifest in both speech and physical actions (Moody, 2014²).

Students who have ADHD may find they are:

Hyperactive:

- Restless.
- Unable to settle.
- Fidgety - tapping feet or fingers - always on the move.
- Talking a lot or speaking loudly.

Impulsive:

- Jumping in before someone else has finished speaking.
- Moving from one task to another.

For a student, these characteristics can impact on their studies, on their time management and on their social relationships. For some students this can lead to isolation and depression and can mean that they do not always achieve in a way that reflects their strengths in:

- Being creative and original in their ideas.
- Being quick and intuitive in their thinking.
- Having lots of drive and energy.
- Being able to see 'the big picture'.
- Taking risks where others may be more reserved.

If you would like to find out more about ADD/ADHD, please look at: <http://www.adders.org>

¹Honos-Webb, L. 2008 *The Gift of Adult ADD* Oakland, Ca, Harbinger

²Moody, S. (2014) 'Dyslexia and Related Syndromes: A Quick Guide,' accessed from: www.workingwithdyslexia.com 29th July 2014.

