



Attention Deficit Disorder

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To make an appointment to see an adviser:

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<http://www.bangor.ac.uk/student-services/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.

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.