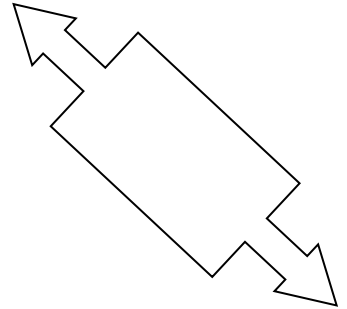


# Challenge 5

## ADD/ADHD

### ***You will succeed!!!***



A person with Attention Deficit Disorder is defined as "an individual who has difficulty concentrating, showing disorganization and impulsiveness." Attention Deficit Hyperactivity Disorder includes the former symptoms and adds "overactive behavior".

Most children come into this world encouraged and supported for being inquisitive with diverse interests and impulsiveness. The child then attends school and discovers that his/her spontaneity is now often considered inappropriate. The child's need for activity along with an inability to focus become the challenges. Parents question whether these personality traits and behavior are just a normal part of maturation or are going to be a lifelong issue.

The teacher and the parent then become concerned because the child cannot focus and struggles to perform within a class of thirty other students. Learning basic skills becomes a challenge. Now the child's confidence and inquisitive nature are replaced with insecurity and a lack of self-esteem within an inability to focus.

**Research on ADHD, states that there is a link between various levels of dopamine in the brain, which is a gene that affects the brain's relationship to performance. This difference causes teens to constantly crave stimulus and seek multiple sensory experiences.**

**Can feeling “hyper” ever create a positive feeling? Why?**

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**Can feeling “hyper” ever be a negative? When?**

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### **Labeling a Teen**

Teens who are labeled or diagnosed with ADD/ADHD are often led to believe that they aren’t smart, can’t perform and see little hope for their future. These confusing messages are detrimental to the development of any person. And, more importantly, they are completely wrong.

Teens can learn how to manage their assignments and daily expectations, but it takes support from both family members and educators to help them work through the process. Teens need minimal distractions to complete an assignment.

This takes a commitment from teachers to ensure that the student is placed in an area in the class that has less movement and fewer voices, usually in the front, on the far left or right side. Parents need to create a “study time” in the house where music, tv and phones are shut off. Less distraction creates better focus.

Organizing notebooks, backpacks, workbooks, etc. can alleviate a great deal of pressure. It may involve a certain strategy for completing assignments, a plan for providing planned or written directions as reminders. All these efforts may be a catalyst or new beginning for creating success and confidence.

How important is “organization” to you in terms of getting the job done?  
How does anyone create a schedule where one can do well in school,  
take care of any responsibilities at home or work and still keep  
connected with your friends?

**If you could suggest three important ways to stay focused in school, what would you suggest?**

Whether you are diagnosed with ADD/ADHD or not, it is common for teens to be distracted when trying to learn. You may be a person who is annoyed by the hum of a computer, students talking during lectures, paper being crunched, the tapping of a pencil, the interruption of an announcement.

**What are other distractors happen in class when you are trying to learn and challenge your concentration?**

ADD/ADHD makes it difficult to learn and process in a traditional setting. However, most individuals find their niche when given the opportunity to invest in what they love. Their skills in communication often surpass the norm. They usually make friends easily as they are often outgoing, personable and share a positive sense of energy.

Remember that many of the artists, actors, rock stars, musicians, business investors, sales and marketing distributors, computer programmers, etc. have had to be more creative, more open to stimulus, more charismatic and more inventive than the average person. Many of these characteristics belong to someone with ADD.

**These brilliant achievers have/had ADD/ADHD. All were known for either their amazing personal success and/or their contributions to the world.**

**Check these out:**

**Alexander Graham Bell** - inventor of the telephone.

**Simone Biles** - Olympian gold medal winner in gymnastics.

**Thomas Edison** - inventor of electric power, mass communication, sound recording and motion pictures.

**Albert Einstein** - considered one of the two pillars of modern physics. Created his mass-energy equivalence  $E=mc^2$ , which has been dubbed “the world’s most famous equation”, winner of the Nobel Prize in Physics.

**Benjamin Franklin** - author, politician, scientist, inventor, statesman and diplomat.

**Bill Gates** - developed an operating system for personal computers as the co-founder of Microsoft. Currently the second wealthiest man in the world.

**Cammi Granato** - Olympian gold medal winner in women’s ice hockey, scoring the most goals for women historically.

**Michael Jordan** - listed as “by acclamation, the greatest basketball player of all time” by the National Basketball Association (NBA).

**Lisa Ling** - award-winning journalist and tv producer.

**Andrea McDonald** - winner of the most Tony Awards in Broadway performances.

**Wolfgang Mozart** - brilliant and influential composer from the Classical Period.

**Michael Phelps** - most successful and decorated Olympian of all time.  
Event: swimming

**Emma Watson** - actress known for her leading role in Harry Potter.  
Graduated from Brown University and is a United Nations Goodwill Ambassador.

**Which one of these achievers do you admire most? Why did you choose him or her?**

There are multiple success stories from individuals who learned to address their diagnosis and to manage the part of their lives impacted from being ADD/ADHD. A medical evaluation from a professional practitioner may be part of the journey to ensure choices in life. There are both challenges and advantages to consider within this condition.

**Here are suggested occupations that report that individuals with ADD/ADHD can be excellent contributors and have unique skill sets to ensure ongoing success:**

**Entrepreneur** - someone who creates, organizes, and operates a business. Willing to invest time and energy within a financial investment. Entrepreneurs enjoy jobs that are challenging, rewarding, and ever-changing while offering an escape from the usual office routine.

**Sales** - involve a certain adrenaline rush because each day is unique and different. Clients continuously change, conditions are diverse and problem solving presents constant challenges.

**Food Industry** - cooking, creating parties, decorating, a general mix of creativity and instant gratification. Hours are sporadic, work is busy and customer service involves good communication skills.

**Teachers** - employ many skills to adapt to a class of individuals with unique talents and needs. Optimal opportunity to invest outreach and support to kids who need positive, upbeat energy.

**Firefighters, nurses, police officers** - resilient, invested in the moment, adaptable and willing to face challenges. Never bored with multiple variations in job expectations.

**What other jobs do you think are available to energetic, creative, and communicative personalities?**

**If you were trying to convince your brother, who supposedly has ADHD, to stay in school, what would you say to convince him?**

Everyone has a unique learning style. Some students need music and distraction to stay stimulated to learn. Some find that they are auditory learners, meaning that they can retain what they hear. Others need visual reinforcement, such as: notes, PowerPoint, handouts, books, videos, etc.

**What do you think is the ultimate way to teach students when they have so many diverse ways to learn?**