

ADHD/ADD and Learning Disability Information Sheet

What is Attention Deficit Hyperactivity Disorder (ADHD) and Attention Deficit Disorder (ADD)?

ADHD is a brain-based disorder that is characterized by hyperactivity/impulsivity while ADD is characterized by inattention. An individual may have both characteristics. It is generally agreed that ADHD/ADD is caused by a neuro-chemical disorder of the frontal lobes. It has a large genetic component.

Who can diagnose ADHD/ADD?

The Academic Assessment Program offers students an ADHD/ADD screening inventory and advice about how to obtain an official evaluation. It is best to seek a professional knowledgeable in the field of ADHD/ADD who also has some expertise in identifying conditions which often accompany ADHD/ADD such as depression, anxiety, bipolar. Students should ask about the evaluator's professional credentials and degrees.

What is a learning disability?

A learning disability is a general term that refers to a heterogeneous group of disorders manifested by significant difficulties in the acquisition and use of listening, speaking, reading, writing, reasoning, or mathematical abilities. These disorders are intrinsic to the individual, presumed to be due to central nervous system dysfunction.

Who can diagnose a learning disability?

The Academic Assessment Program offers students an opportunity to come in and discuss their concerns before seeking an independent evaluation. Usually a diagnosis is done by a qualified licensed psychologist, school psychologist or psychiatrist. It is important to make sure the evaluator has the proper credentials, degrees and experience. You should inquire about what type of documentation the college requires for academic accommodations.

Contact: Jane Munt
Coordinator, Academic Assessment Program
Monroe 2050-A
585-475-6947

What if academic accommodations are needed?

If students need academic accommodations, appropriate documentation will need to be submitted to the Disability Services Office. A copy of the *RIT Documentation Guidelines for Assessing Students with Learning Disabilities* is available at the Disability Services Office and the Academic Assessment Office.

Contact: Disability Services Office
SAU 1150
585-475-2023

General Tips:

- Choose your classes carefully. Talk to professors and to other students about class requirements. Try to match a class to your strengths whenever possible. over →

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Navigate Your Way

- Do not overload your schedule with courses or activities, especially as a first year student.
- Space your classes in a way that is advantageous for you. Some students do best with morning classes and others do best with evening classes. Many students with disabilities like to schedule courses throughout the entire week rather than cramming all their courses into one or two days.
- See the professors during office hours and demonstrate by your efforts that you are a serious student. This is important for all students.
- Hone those time management skills. Create daily “to-do” lists, use a planner or checklist, record deadlines for all academic work, and develop a weekly schedule for homework and study times.
- Consider using a learning coach (Contact: Learning Support Services at 475-5296).
- Use any approved accommodations that are available to you as a student with a disability (Contact: Academic Accommodations at 585-475-2023).
- Use the support services that are available to all students (ASC Math Lab, ASC Writing Lab, Bates Study Center, Engineering Study Center)
- Use effective study skills. For more information go to www.rit.edu/lponline or attend the ASC Lunch ‘n’ Learning series (schedule is available in the *ASC Quarterly Schedule*).

Related Web Sites

National Attention Deficit Disorder Assoc.	www.add.org
Children and Adults with ADD (CH.A.D.D.)	www.chadd.org
National Institute of Mental Health	www.nimh.nih.gov/healthinformation/adhdmnu.cfm
National Institute of Health	www.nimh.nih.gov/publicat/learndis.html
Learning Disability Assoc. of America	www.lidaamerica.org
Life & Learning Services/Genesee Valley (local chapter)	www.ldagvi.org
Assoc. on Higher Education and Disability	www.ahead.org