



ADHD IN COLLEGE

Resources for Thriving

WE'RE HERE TO HELP!

Contact the Counseling Center if you

- Want to know more about ADHD
- Need support with staying organized and managing tasks
- Need a referral for ADHD assessment and diagnosis
- Just want a supportive ear!

Contact Kokua Ike (808-739-7305) if you

- Need academic accommodations or want info about the process
- Need tutoring or other academic support

Contact psychiatrist or doctor if you

- Need a medication consultation



Student Services Building Room 101



(808)735-4845



counselingcenter@chaminade.edu

FREE SELF-HELP RESOURCES

Info on ADHD in adults:

<https://chadd.org/for-adults/overview/>

Tools for managing ADHD symptoms:

<https://chadd.org/stroud-umdadhdtools/>

Free course on managing ADHD in college:

<https://chadd.thinkific.com/courses/a2a-navigating-college-with-adhd>



WHAT IS ADHD?

People who have ADHD may struggle with ***inattention*** (difficulty starting, organizing, focusing, or following through on tasks), ***hyperactivity/impulsivity*** (restlessness, interrupting others, difficulty planning ahead) or **both**. Although ADHD starts in childhood, it can continue to affect adults, including college students.

ADHD can be diagnosed by a psychiatrist or other mental health professional. The evaluation may include a clinical interview, information from family members, symptom checklists or psychological testing.

Although the Counseling Center does not diagnose, we can help you manage and understand your symptoms, offer support, and refer you to a diagnosing provider.