



## Student Guidance: Understanding ADHD

Everyone's brain works in different ways. ADHD is one way that attention, focus and energy can work differently, and understanding how your brain works can help you find strategies that make school feel more manageable.

ADHD can affect how people concentrate, organise tasks and manage energy levels. Some students may find it difficult to stay focused for long periods, remember instructions or sit still during lessons. Others may experience strong bursts of energy or find their thoughts moving quickly between ideas. These differences are not about effort or intelligence, they reflect how the brain processes information.

### How ADHD can affect attention and focus

- Finding it hard to concentrate on tasks that feel repetitive or boring
- Getting distracted by things happening around you
- Forgetting instructions or losing track of what you were doing
- Feeling restless or needing movement

### Staying organised and managing distractions

- Break tasks into smaller steps
- Use reminders, checklists or planners
- Work in short focus periods with breaks
- Keep your workspace simple and organised

### Strengths many students with ADHD have

- Creative thinking and strong imagination
- Quick problem-solving and thinking on your feet
- High energy and enthusiasm for interests
- The ability to notice patterns or ideas others might miss

### Working with your brain

- Use movement breaks when you feel restless
- Try studying in shorter bursts rather than long sessions
- Focus on one task at a time
- Find strategies that match how you learn best

Working with your brain instead of fighting it often makes learning easier.

Students with ADHD may sometimes react quickly or feel emotions strongly. This is not a personal failure, it is part of how the brain processes information and stress. Learning ways to pause, reset and manage emotions can help you stay in control during difficult moments.

School can help with adjustments, quiet spaces or strategies that help you feel more comfortable and confident.