

MANAGING ADHD AT FURMAN UNIVERSITY

One of the most important steps in managing Attention Deficit Hyperactivity Disorder (ADHD) in college is to acknowledge that it is going to be a different and more challenging experience than high school. The strategies you used in high school may not work in college, but we are here to connect you with resources that can help!

STEPS FOR SUCCESS

- Develop a regular schedule that includes adequate times for sleeping, eating, studying, exercising, and having fun!
- Use a planner and reminders on your phone to keep you on track.
- Find a place to study. Keep in mind your room is likely not the best place to study. There are many study areas in all buildings across campus. Find one that is away from distractions.
- Start your day on time! If you have a difficult time waking up, set two alarms. Place one across the room so you have to get out of bed to turn it off.
- Place a white board beside your door. Write a checklist on the board so you have a reminder of what you need to remember that day.
- Schedule your study time. Cramming the night before a test is a strategy that probably won't work in college. Plan on at least two hours of study time for every hour you are in class.
- Make time for yourself. Do something you love. This gives you a mental and physical break from the stress of college.
- Go to class! You increase your chances of doing well in the class just by showing up.
- Consider taking fewer classes, and only take classes that work with your schedule. If you take medication in the morning and it doesn't take effect until 10 a.m., try to avoid scheduling early morning classes. If you pursue fewer classes, let SOAR know.



- Go to office hours! Every instructor has them, and they want you to attend. You can find out the time and location of office hours by locating it on your syllabus or by talking with your instructor.
- If you take medication, take it as prescribed! Now is not the time to see how you do without medication.

STUDENT OFFICE FOR ACCESSIBILITY RESOURCES (SOAR)

Contact the Student Office for Accessibility Resources (SOAR) at soar@furman.edu or 864.294.2320 to schedule a meeting to determine if you would benefit from academic accommodations. Accommodations might include notetaking support and/or test taking accommodations.

CENTER FOR ACADEMIC SUCCESS (CAS)

Contact the Center for Academic Success (CAS) at cas@furman.edu to schedule a meeting to discuss the many services CAS has to offer. The Center is located in Room 002 on the lower level of the James B. Duke Library. CAS offers tutoring, assistance with writing, and help with time management and organization. Visit furman.edu/cas for more information.