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Questions to Ask Yourself at College/University

1. When I study I am easily distracted; my mind wanders and I miss big chunks of conversations
2. While reading I can't keep on track; I skip around or go right to the end
3. I am a master at procrastination; I always put assignments/studying off to the last possible moment
4. I have difficulty planning/prioritizing class projects; I easily get overwhelmed by tasks
5. I am forgetful; appointments, assignments, bills – I am always late
6. I find it hard to wait my turn; in class, during group work, when talking with a friend
7. I am in constant motion; fidgeting, finger drumming, leg shaking
8. I am impulsive; I say whatever comes to mind, without weighing the consequences
9. My mood changes frequently; I have a quick temper
10. I have trouble keeping friends and/or maintaining relationships

— These behaviours can sometimes be the symptoms of a condition called Attention Deficient Hyperactivity Disorder or ADHD. If you recognize yourself in most or many of the situations listed above, you may want to speak with a doctor about ADHD in adults. Please note that the present questionnaire does not constitute a diagnostic tool and that only a certified, medical doctor can confirm a diagnosis.

— The Center for ADHD Awareness Canada (CADDAC) is a national, not-for profit organization providing leadership in education and advocacy for people affected by ADHD. To learn more about ADHD in college and university, its symptoms and how you can overcome them, visit www.caddac.ca

Many people with ADHD are highly intelligent and creative, but remain hindered by their symptoms – a proper diagnosis is the first step towards reaching your full potential.

Reaching your full potential

