



## Special Needs information sheet: AD/HD

### 1 Studying with attention deficit/hyperactivity disorder

Attention deficit disorder is a neurobiological metabolic disorder of the brain. Imaging techniques reveal that those areas of the brain which are involved in attention, planning and organisation, in the working memory, motion control, the suppression of impulses, as well as reward and motivation, look different in terms of structure. In the German-speaking area, approx. 5-6% of children and adolescents are affected, among them more boys than girls.<sup>1</sup> In a third of cases, the symptoms survive adolescence and continue into adulthood. Difficulties manifest themselves in attention, in the organisation of tasks and in time management, for example. A characteristic feature is the high degree of distractibility, concentration difficulties, difficulty controlling impulses or a heightened urge to move (hyperactivity).

The following activities that are relevant to studying may be affected:

- scheduling (limited sense of time),
- work organisation (for instance unsystematic way of working, postponing or forgetting work),
- power of concentration.

This list is not conclusive.

Dyslexia and dyscalculia occur proportionally more often in people with AD/HD. AD/HD, however, is not tantamount to an impairment of intelligence.

### 2 Information for dealing with students suffering from AD/HD

- An AD/HD that has been diagnosed by a specialist is a disability and can cause serious difficulties in everyday student life.
- Eliminate noise level and other stimuli as thoroughly as possible (for instance, close windows and doors).
- Structure teaching materials and examination papers by means of subdivisions, emphases, summaries, etc.
- Expected performance: clearly state targets and procedures.
- Working in small groups and learning groups may be supportive.
- Reserve seats at the front if required.
- Adaptations for examination situations are specified in writing after consultation.

Procedures are stipulated on the internet page of Special Needs:

[www.unisg.ch/de/universitaet/hsgservices/beratung/beratungsstellen/special+needs/nachteilsausgleich](http://www.unisg.ch/de/universitaet/hsgservices/beratung/beratungsstellen/special+needs/nachteilsausgleich) (for example, additional time and/or a separate examination room).

### 3 Contact

If you have any questions and concerns, please contact the Special Needs Advice Center:

Special Needs Advice Center; [specialneeds@unisg.ch](mailto:specialneeds@unisg.ch); +41 71 224 31 91

or [nachteilsausgleich@unisg.ch](mailto:nachteilsausgleich@unisg.ch); +41 71 224 22 23.

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<sup>1</sup> This information refers to the following source:

<https://www.mit-kindern-lernen.ch/meine-schueler/ads-adhs/230-typische-schulschwierigkeiten-von-ads-adhs-kindern>.