

Executive Functioning

How it Impacts College Students with AD/HD and other Executive Functioning Disorders

How does executive function impact thinking and behavior?

*Thomas Brown, an AD/HD researcher and professor at Yale University, refers to AD/HD as “ADD Syndrome” because up to six groups of executive functions can be impaired:

- Activation – Organizing, prioritizing, and activating to work
- Focus – Focusing, sustaining, and shifting attention to tasks
- Effort – Regulating alertness, sustaining effort, and processing speed
- Emotion – Managing frustration and modulating emotions
- Memory – Utilizing working memory and accessing recall
- Action – Monitoring and self-regulating action

How does impaired executive functioning affect college students with AD/HD?

- Students with AD/HD who are ***about to start college*** may get overwhelmed just by the transition to college. Suddenly there are many decisions to make about what to bring to college, which classes to take, and choosing a major.
- ***After starting college***, students with AD/HD may become anxious and depressed during the 1st or 2nd semester because of numerous challenges such as getting started on assignments, maintaining focus, and finishing assignments.
- Students with AD/HD who ***have been in college for one or more years*** often become discouraged because they still struggle with the basics of academic success, sticking with a budget, getting enough sleep, or developing any number of life skills and social skills.

Why do some college students with AD/HD need AD/HD coaching and other support services?

Because AD/HD is often treated with medication, college students and their parents sometimes assume that medication alone will control AD/HD symptoms. Not true! AD/HD is very complex, and the solution to effectively managing AD/HD is utilizing a multi-faceted approach!

At [LaMountain & Associates](#), many of our college coaching clients who have AD/HD are exceptionally talented. However, without extra support to help them develop new strategies and to internalize new behaviors, they are at risk for not succeeding.

An exceptionally large number of college students with AD/HD are at risk of failing. A well-respected research study, the ****Milwaukee Young Adult Outcome Study**, found that *as few as 22% of high school students with AD/HD enter college, and of those who do, only 5% actually graduated.*

To schedule a Complimentary Consultation (up to 30 minutes) regarding AD/HD Coaching and Coaching Support Services for College Students with AD/HD, contact [LaMountain & Associates](#) at (804) 355-3874 or mail@lamountaincoaching.com.

* Brown, T.E. (2005). Attention Deficit Disorder: *The Unfocused Mind in Children and Adults*. New Haven: Yale University Press.

** Milwaukee Young Adult Outcome Study. J Clinical Psychiatry 2002; 63 (suppl12).