



香港大學
THE UNIVERSITY OF HONG KONG



cedars
Centre of Development and Resources for Students
學生發展及資源中心

SUPPORTING TERTIARY STUDENTS WITH ATTENTION-DEFICIT/HYPERACTIVITY DISORDER



SEN
SUPPORT

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What is AD/HD?

Attention-Deficit/Hyperactivity Disorder (AD/HD) is a neurodevelopmental disorder. Students with AD/HD may have the following features that lead to challenges in university education:

INATTENTION

- ▶ Difficulties in sustaining attention and tendency to avoid task requiring extended mental effort (e.g. essay writing)
- ▶ Excessively careless
- ▶ Absent-minded
- ▶ Difficulties in completing work in accordance with instructions
- ▶ Weak in organization
- ▶ Weak in prioritizing ideas and tasks
- ▶ Distractible and forgetful (e.g. missing deadlines)

HYPERACTIVITY AND IMPULSIVITY

- ▶ Fidgety and restless
- ▶ Excessive talking
- ▶ Impatient and interruptive (e.g. interrupting others' conversations or activities)

What support do students with AD/HD need in university life?

Given the above difficulties, reasonable accommodations and support may enhance their learning and adaptation in different aspects of university life, examples of which include:



LEARNING

- ▶ Allow recording of lectures to assist understanding and later review
- ▶ Arrange study place with less distractions



ASSESSMENT

- ▶ Rest breaks for classes and exams of long duration
- ▶ Separate examination venue to reduce distractions
- ▶ Allow extra time to complete assignments



COMMUNICATION

- ▶ Give clear and concise instructions to facilitate task comprehension and completion
- ▶ Repeat or elaborate on complicated concepts



SELF-MANAGEMENT

- ▶ Set reasonable goals
- ▶ Plan assignments and activities in advance
- ▶ Keep a schedule that records important dates (e.g. assignment deadlines, appointments, etc.)
- ▶ Constant review on work progress
- ▶ Acquire study skills to improve learning efficiency



How can I interact with students with AD/HD?



TIPS FOR TEACHERS/TUTORS



Divide a lecture into sections (e.g. intersect a lecture with discussions, learning activities and breaks)



Talk straight to the student with step by step instructions



Summarize important concepts at the end of the class

TIPS FOR PEERS



Clear division of work in group projects



Share study tips with the student (e.g. time management skills, reading skills, etc.)



Provide support on planning of assignments and help to break them into smaller parts



Remind the student on important dates (e.g. deadlines of assignments)



Your Support Makes a Difference



The deadline of an assignment was extended as the professor understood that I am one of the SEN students who needs more time to complete assignments. Before I sent the email to the professor and asked for extra time, I felt helpless as several assignments were going to due in two weeks' time. After receiving the email from professor, I was relieved and encouraged to work even harder to complete all assignments. We are not different, we just need help from you. A little help means a lot!

Student



Volunteer with Us

All HKU students can contribute to building an inclusive campus. Volunteer opportunities include:

- ▶ Offering academic support (e.g. note-taking, study skills coaching)
- ▶ Providing social skills coaching
- ▶ Organizing activities to promote inclusion and diversity
- ▶ Working with people in recovery of mental illness
- ▶ and many more!

Get in touch with us to find out more.



Available Support for Students with AD/HD

**CEDARS Counselling and
Person Enrichment (CoPE)
Special Educational Needs (SEN) Support**

We are committed to supporting students with disabilities or Special Educational Needs (SEN) in overcoming barriers and achieving successful university education. The support provided is meant to “level the playing field” without undermining academic core requirements of a course.

The listed suggestions are not exhaustive and the support needed by students varies individually. Students with special needs are encouraged to meet with us for needs assessment and advice.

For enquiries, please contact us at:

📍 Room 123, 1/F, Main Building

☎ (852) 3910 3200

✉ cedars-SEN@hku.hk

🌐 <http://www.cedars.hku.hk/cope/sen>

For community resources available for students with SEN, please visit <http://wp2.cedars.hku.hk/sen-resources/>
To learn more about other types of SEN, please visit www.cedars.hku.hk/cope/sen-leaflets