How to Manage Your ADD/ADHD at NCAD

Managing any disability effectively at third level involves the utilisation of a number of available services and tools. It is also vital that each individual student takes responsibility for their own academic career at NCAD. The aim of the NCAD Student Learning Support Service is to allow all students registered with the service become independent learners so they can develop the skills expected of successful graduates and take these skills into their future careers as artists, designers and educators. The following guidelines are designed to help you to reach that goal.

Communication
It is important that you communicate with NCAD about your ADD/ADHD in order to overcome any disadvantages you may experience.
1. You should register with Student Learning Support Service as soon as possible after you enter NCAD/receive a diagnosis. Attending a needs assessment will ensure that you receive the appropriate supports.
2. You will receive a Profile of Needs (PONS) from Student Learning Support following your needs assessment. This confirms that you are registered with Learning Support and outlines the supports you receive. Your PONS will be send to the Head of your Department, with your consent, to allow for appropriate accommodations be put in place.

Supports available:

 _**Learning Support Service**
o Provides a range of workshops and individual tutorials on all aspects of the writing process. For information please go to: https://www.ncad.ie/students/support-services/student-learning-support-service/

 _**Student Counselling Service**
Provide a free and confidential service staffed by professionally qualified psychologists and counsellors. NCAD aims to provide easily accessible support for students when personal issues arise that affect their happiness, well-being, capacity to cope, relationships or learning. For information please go to: https://www.ncad.ie/students/support-services/

Assistive Technology
There is a range of Assistive Technology resources available for students in NCAD. These consist of software and devices many of which can help students with ADD/ADHD to successfully perform day-to-day tasks in college. Assistive Technology of particular interest to students with ADD/ADHD includes:
 _Recording Tool - Livescribe Smartpen

The Livescribe Smartpen is an electronic pen that has a built-in recorder. The pen synchronizes the recording with the notes taken by the student in class. Afterwards the student can click on any part of their notes and the pen will play back what the lecturer was saying at that time.

 _Mind Mapping software

A mind map is a visual representation of ideas. This software can help you to organise your ideas in a useful way. This software can be used to create notes following lectures or reading. It can also be used when planning essays.

Learning Support

NCAD's Student Learning Support service provides learning support primarily through individual tutorials and group workshops. Tutorials and workshops are designed to help you learn the skills you need to succeed at college. Learning support workshops include, but are not limited to, the following topics:

o Note taking
o Time management and organisation
o Study skills
o Academic writing
o Research skills
o Presentations and group work
o Avoiding Plagiarism

Transition to Third Level

Students with ADD/ADHD may find it difficult to stay organised when they move from the highly structured environment of secondary school to NCAD where responsibility for attendance and assessment rests with the student, who is expected to be independent. When starting in NCAD, it is important that you can find your way to your studio and lecture rooms. Make sure you take part in a campus tour and check you can find the venues in advance so you are not late on the day of your class/lecture.

Ensure you understand the learning outcomes for each of your modules and prioritise your reading lists, with help from tutors/lecturers where necessary. Make sure you know how each of your modules are assessed and create a plan that includes all of the key dates and deadlines for the trimester. It is also a good idea to create weekly timetables each Friday for the following week. It is also useful to create a to-do list that will accompany your weekly timetable. Learning Support staff will support your planning and organization skills.

Useful Online Resources

⬛ _www.hadd.ie

⬛ _www.chadd.org

⬛ _www.add.org

If you find that you are having any difficulties in NCAD please contact us as soon as possible!

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