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## best ADHD resources for university and college students

1. **CADDAC** is a not-for-profit organization providing leadership in education and advocacy for ADHD organizations and individuals with ADHD across Canada. Here you can find information about success in college or university, support groups, coaching and medication. As a national leader they can help you find information specific to your concerns and location.
2. **Edge Foundation** is a professional ADHD coaching site for university and college students based in the United States. It contains information on ADHD and post-secondary education, as well as a useful blog that shares tips, tools and testimonials.
3. **CHADD** (Children and Adults with Attention Deficit/Hyperactivity Disorder), is an international non-profit organization working to improve the lives of affected people through education, advocacy and support. This site provides a variety of information about ADHD students transitioning to college or university and how to succeed once there. Members also have access to a vast online community and physical network through **Canadian chapters**.
4. **ADDvance.com** is a site where Kathleen Nadeau, Ph.D. and Patricia Quinn, M.D. provide answers to questions about ADHD. With an entire section dedicated to young adults and post-secondary students, this website enables you to find answers to your questions or ask professionals.
5. **Totally ADD** is an interactive website for young adults and adults with ADHD. The blog is updated often and contains tips and information to help manage your symptoms and get organized. There is also an extensive searchable forum where you can read through prior posts or start your own. It is an inviting, humorous resource.
6. **ADDtitude magazine** is about living well with attention deficit. It has a dedicated section and support group for ADHD at college and higher education. Articles, videos, message boards and contests are a few of the many resources on this site.
7. **ADDerworld** is an online community (similar to Facebook) specifically geared towards those affected by ADHD. With groups and pages dedicated to students and young adults, it's a place to interact and talk about the challenges and inspirations of living with ADHD in college or university.
8. **ADDA** (Attention Deficit Disorder Association) provides information, resources and networking opportunities to young adults and adults with ADHD, their loved ones and the professionals who serve them. With a dedicated section on college resources, you can find information about skills and how to achieve success in your studies.
9. **Schwab Learning** a parent's guide to helping kids with learning difficulties, offers a free booklet called: "College for Students with LD and/or AD/HD" by Loring Brinckerhoff, Ph.D. This site has many resources and references listed in the booklet's index for college or university students.
10. **LD Online** a leading website on learning disabilities and ADHD. It has a comprehensive section about college and college prep, with articles, Q&A, recommended books, and forums available for interaction and discussion. Articles such as **Tips for College Bound High School Students with Diagnosed Learning Problems** offer helpful hints to help ease the transition.

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*

