



www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert

Is My High School Student Ready for College?

(And Is My College Student Ready to Go Back?)



Ari Tuckman, PsyD, MBA

The National Resource Center on ADHD, A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This Ask the Expert webcast is supported by Cooperative Agreement Number N33BD000376 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.

CHADD is home to the



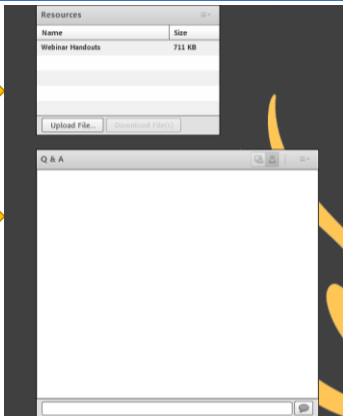
A partnership between CHADD and the US Centers for Disease Control and Prevention (CDC)

For more information:
<http://www.chadd.org/About-CHADD/National-Resource-Center.aspx>



Slides

Ask a question





Do you need help with choosing what direction to go?

Call and speak to an ADHD Information and Resource Specialist



1-800-233-4050
Mon-Fri, 1-5pm ET





www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert

Is My High School Student Ready for College?

(And Is My College Student Ready to Go Back?)



Ari Tuckman, PsyD, MBA

The National Resource Center on ADHD: A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This Ask the Expert webcast, is supported by Cooperative Agreement Number NUJ38DD003176 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.

Is My High School Student Ready for College?

(And Is My College Student Ready to Go Back?)

Ari Tuckman, PsyD, MBA

West Chester, PA

Ari@TuckmanPsych.com

adultADHDbook.com

College Can Be Disastrous

- Students who made it through HS with lots of assistance may bomb out when all that structure disappears in college.
 - College is the most tempting and distracting place in the world.
- Many of these students wind up back at home.
 - Live at home and work and/or take classes.
 - So sometimes a preemptive gap year is better.

Ari Tuckman, PsyD, MBA

7

They Don't See What They Don't See

- They notoriously under-rate the extent and impact of ADHD impairments.
 - Seems to be more neurological than psychological.
- Concern is seen as much ado about nothing, with heartfelt promises that things will somehow be better.
 - Without specific reasons why.

Ari Tuckman, PsyD, MBA

8

The Parental Power Struggle

- Teens have a high desire for independence—but lower ability.
 - This is even more true with ADHD.
- Parents understandably want more control over the teen's behavior.
- The teen understandably wants to make their own choices.

Ari Tuckman, PsyD, MBA

9

Set the Expectations

- Talk to your teen about specifically what you need to see to feel confident that they are ready for college.
 - Focus on what matters the most.
 - Create concrete requirements for greater freedom.
- Start early, then review progress occasionally.

Ari Tuckman, PsyD, MBA

10

Focus on Process, Not Just Outcome

- A good process scales up well for the greater demands of college.
 - A bad one is more likely to break down—and more dependent on too many stars aligning.
- Applies to daily tasks, but also to the application process, SATs, etc.
 - The college application process may be predictive of their college performance.

Ari Tuckman, PsyD, MBA

11

Lifestyle Sets the Foundation

- Many teens with ADHD have terrible lifestyle habits that decrease their functioning.
 - Sleep, diet, exercise, stress, manageable substance use, media use, balance of work and play, etc.
- Makes a bad situation worse.
 - Cognitively, emotionally, psychologically, socially.
- So lifestyle is a major point of intervention.

Ari Tuckman, PsyD, MBA

12

Foster Understanding

- Many resist interventions because they don't understand how ADHD is impacting them.
- It's important for the teen to understand how their ADHD impacts their performance.
 - Until mid/late twenties, they often underestimate the impact.
 - Focus on specific examples and patterns.
- Identifying the causes of problems gives them more control over future outcomes.

Ari Tuckman, PsyD, MBA

13

Active Problem-Solving

- Ability to go beyond standard procedures to solve problems:
 - Recognize there is a problem
 - Ask questions in class
 - Contact teacher
 - Seek tutoring, etc.
 - Put in extra effort
- This is a crucial skill!

Ari Tuckman, PsyD, MBA

14

Highly Effective, But Under-Used

- College students are notorious for not taking their medication.
 - Despite it being a major contributor to them getting into college.
 - Some don't see the need; some don't like the idea.
- But it's often a cornerstone of success.
- Don't give away your meds!

Ari Tuckman, PsyD, MBA

15

College Alternatives: Before/During

- A planned gap year beats a forced one.
- There are official gap year programs that can be great (and expensive).
- Combination of working, volunteering, and/or classes while living at home.
 - Create a stepped transition from HS to college.
 - Give more freedom and responsibility—and focus on a self-directed good process.

Ari Tuckman, PsyD, MBA


16

Additional Resources

- Transitioning to College
 - CPAMM (Coalition to Prevent ADHD Medication Misuse) <http://www.cpamm.org/>
 - The Jed Foundation, Set to Go Program <https://www.settogo.org/>
- Gap Years
 - General information
 - <http://www.americangap.org/>
 - <https://www.teenlife.com/category/gap-year/>
 - <https://www.studyabroad101.com/countries/gap-year-abroad>

Ari Tuckman, PsyD, MBA

17




National Resource Center on ADHD
A Program of CHADD

www.Help4ADHD.org
(800) 233-4050
Help4ADHD@CHADD.org

Ask the Expert

Is My High School Student Ready for College? (And Is My College Student Ready to Go Back?)



Ari Tuckman, PsyD, MBA

The National Resource Center on ADHD: A Program of CHADD is the nation's clearinghouse for evidence-based information on ADHD. This Ask the Expert webcast is supported by Cooperative Agreement Number NU38DD005376 from the Centers for Disease Control and Prevention (CDC) and does not necessarily represent the official views of the CDC. The National Resource Center on ADHD, CHADD and the CDC do not endorse, support, represent or guarantee the accuracy of any content presented or endorse any opinions expressed in this webcast.

Upcoming Webinars

5 Ways Nutrition Can Impact ADHD Symptoms
Guest Expert: Laura Stevens, MS
Wednesday, February 22
2:00 - 3:00 pm ET

Register Now at
www.Help4ADHD.org/AsktheExpert



This is a presentation of the



Provide feedback for the Ask the Expert webcast series!
Your opinion helps evaluate and improve these presentations.

www.Help4ADHD.org
800.233.4050



- The information provided in this episode of *Ask the Expert* is supported by Cooperative Agreement Number NU38DD005376 from the Centers for Disease Control and Prevention (CDC). The *Ask the Expert* webinars' contents are solely the responsibility of the invited guest Expert and do not necessarily represent the official views of CDC. Neither CHADD and the National Resource Center on ADHD, nor the CDC endorses, supports, represents or guarantees the accuracy of any material or content presented in the *Ask the Expert* webinars, nor endorses any opinions expressed in any material or content of the webinars. CHADD and the National Resource Center on ADHD offer webinars for educational purposes only; the information presented should not be regarded as medical advice or treatment information.