






Academics with ADHD: Navigating academia with the wrong map



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ADHD PARALYSIS

LOOKS LIKE



FEELS LIKE

I should clean. I really should. Ugh, there's so much stuff. I know I'd feel better after... but it'll take so long. Okay. Just get up off the couch. DO IT. Why isn't my body moving?! I shouldn't have put it off this long. Maybe I'll just do it tomorrow. But I said tomorrow the last two weeks. Why can't I just do it? My parents' house is so clean, am I just a bad adult? I feel like I'm being so lazy. But I'm trying as hard as I can! Maybe I can download a cleaning app. I mean, I already tried that and quit it within three days, so I don't think that would be different. Maybe I should invite someone over to help. No, that'll just make it worse. I should shove everything into the closet forever. I need to get up. I really need to get up. I know things might be a little messy, but it's basic stuff, I feel like I can handle it. I struggle with the thought of picking up things. I need to organize your room. I'm embarrassed to tell you about this.



adddd.com

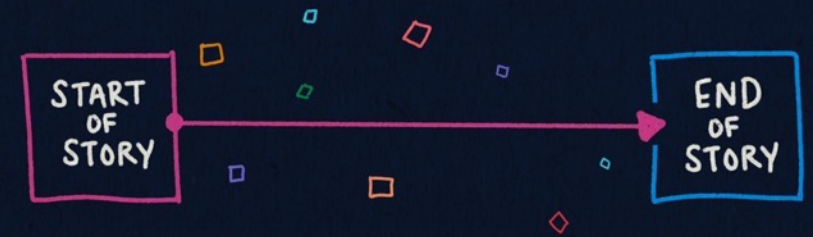
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@danidonovan

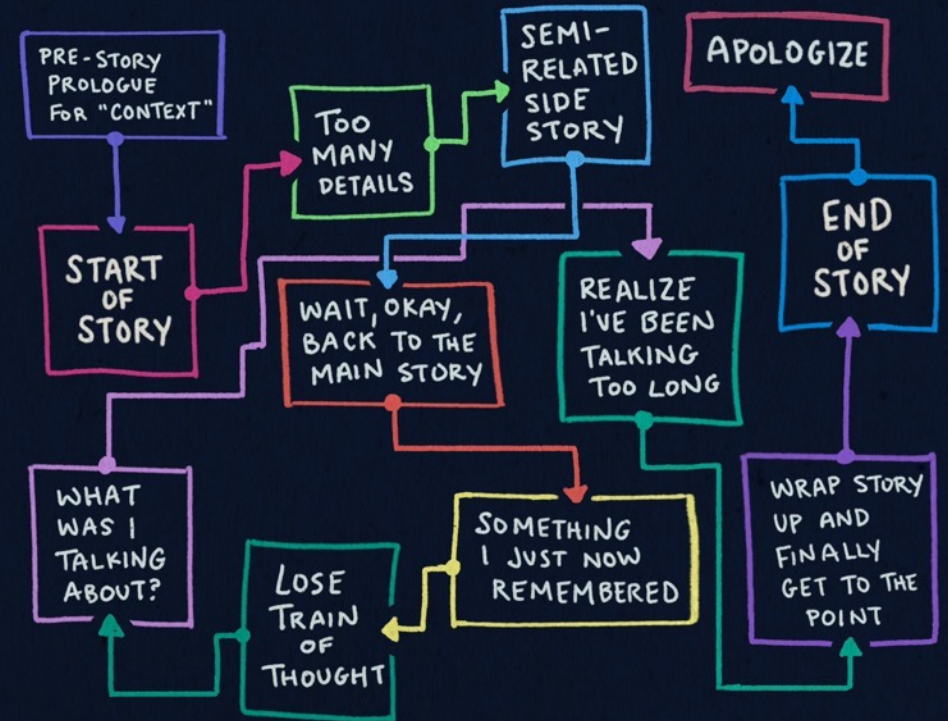
How to tell my story

- **Part I**
What is (my) ADHD
- **Part II**
ADHD & the Academy
- **Part III**
Supporting (my) ADHD

NON-ADHD STORYTELLING



ADHD STORYTELLING



I have ADHD
Who? Me?



The 3 ADHD-Types

mostly
**Hyperactive -
Impulsive**



Combined



mostly
Inattentive
(formerly "ADD")



What is (my) ADHD?

ADHD - HI Aliens are what most people think of when they hear ADHD.

They're Hyperactive in talking or movement, impulsive and are always looking for new paths in life. Emotions can boil up fast as they are very passionate!
They might blurt out one or two inappropriate things in their fight against injustice.

(also ADHD-PH)

ADHD - C is probably the most "confusing" type, as they show Symptoms from both sides, not really belonging into one category.

Not being quite "Hyperactive" enough to fit the stereotype, this ambiguity might be why they have a hard time realizing they have ADHD.

ADHD - I can be the hardest to detect due to the lack of visible Hyperactivity.

In fact, they might appear to move unusually slow, as they try to deal with their hyperactive mind. This makes them amazing observers. They might not notice when being talked to, but will notice even the most trivial things.

(also ADHD-PI)

ADHD-Alien.com

What is (my)
ADHD?

COMMON MISCONCEPTIONS
WHO HAS ADHD?

~~EXTROVERTED~~ ~~YOUNG~~
CAN BE INTROVERTED ANY AGE

~~BOY~~ WHO ~~FIDGETS A LOT,~~
ANY GENDER MIGHT NOT BE HYPERACTIVE

~~STRUGGLES~~ IN SCHOOL,
MAY EXCEL

AND ~~CAN'T PAY~~ ATTENTION
HAS DIFFICULTY REGULATING

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Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

Patient Name	Paul Peters		Today's Date	Oct 22, 2020			
Please answer the questions below, rating yourself on each of the criteria shown using the scale on the right side of the page. As you answer each question, place an X in the box that best describes how you have felt and conducted yourself over the past 6 months. Please give this completed checklist to your healthcare professional to discuss during today's appointment.			Never	Rarely	Sometimes	Often	Very Often
1. How often do you have trouble wrapping up the final details of a project, once the challenging parts have been done?							X
2. How often do you have difficulty getting things in order when you have to do a task that requires organization?							X
3. How often do you have problems remembering appointments or obligations?						X	
4. When you have a task that requires a lot of thought, how often do you avoid or delay getting started?							X
5. How often do you fidget or squirm with your hands or feet when you have to sit down for a long time?						X	
6. How often do you feel overly active and compelled to do things, like you were driven by a motor?				X			
Part A							
7. How often do you make careless mistakes when you have to work on a boring or difficult project?							X
8. How often do you have difficulty keeping your attention when you are doing boring or repetitive work?							X
9. How often do you have difficulty concentrating on what people say to you, even when they are speaking to you directly?				X			
10. How often do you misplace or have difficulty finding things at home or at work?		X					
11. How often are you distracted by activity or noise around you?						X	
12. How often do you leave your seat in meetings or other situations in which you are expected to remain seated?				X			
13. How often do you feel restless or fidgety?						X	
14. How often do you have difficulty unwinding and relaxing when you have time to yourself?							X
15. How often do you find yourself talking too much when you are in social situations?		X					
16. When you're in a conversation, how often do you find yourself finishing the sentences of the people you are talking to, before they can finish them themselves?		X					
17. How often do you have difficulty waiting your turn in situations when turn taking is required?		X					
18. How often do you interrupt others when they are busy?		X					
Part B							

What is (my)
ADHD?

Diagnosis

Adult ADHD Self-Report Scale (ASRS-v1.1) Symptom Checklist

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Part A							
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Part B							



Anxiety

What is (my)
ADHD?

Diagnosis

What is (my)
ADHD?
Anxiety

How ADHD causes Anxiety

& How Anxiety masks ADHD



I was constantly late thanks to time blindness



Now I can't relax before appointments and arrive way too early



I always forgot what I wanted to say and kept switching topics



So I never talk about myself anymore



I was always told I'm too loud and interrupt people



So I try to be quiet and not say anything out of place



I always got in trouble for losing things



So I obsessively check my belongings every few minutes

How ADHD causes Anxiety

& How Anxiety masks ADHD



I got told that I don't try hard enough



So I try harder at the cost of my health



I have a hard time re-organizing and deciding spontaneously



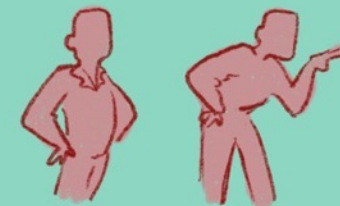
So I obsessively prepare and plan every little detail



I always got in trouble for being hyperactive and clumsy



So I forcefully don't move at all



All the things I misunderstood and got told I did „wrong“



Make me fear more rejection. So I became a people pleaser

What is (my) ADHD?

BEFORE MY ADHD DIAGNOSIS

@adhdactually

What if it turns out I don't have ADHD and I'm just looking for an excuse for my laziness?

AFTER MY ADHD DIAGNOSIS

@adhdactually

What if my acting was so good in my assessment, that I tricked my ADHD specialist into diagnosing me?



@adhdactually

IT'S NORMAL AFTER GETTING A LATE DIAGNOSIS OF ADHD TO FEEL RELIEVED AND...

@adhdactually



That your ADHD feels worse somehow (some traits are more noticeable after diagnosis!)



Upset & angry that you weren't diagnosed earlier.



Confused whether or not to share your diagnosis with family, friends or work.

@adhdactually



Overwhelmed by all the information out there!



Worried about trying medication

adhdactually.com



Excited about the future!

People whose judgement over ADHD you should trust



Uncle Rob at the family dinner ❌



Karen with the essential oils ❌



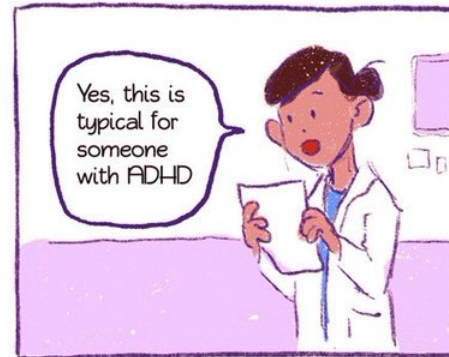
Your checklist loving therapist ❌



The mean, bully you ❌



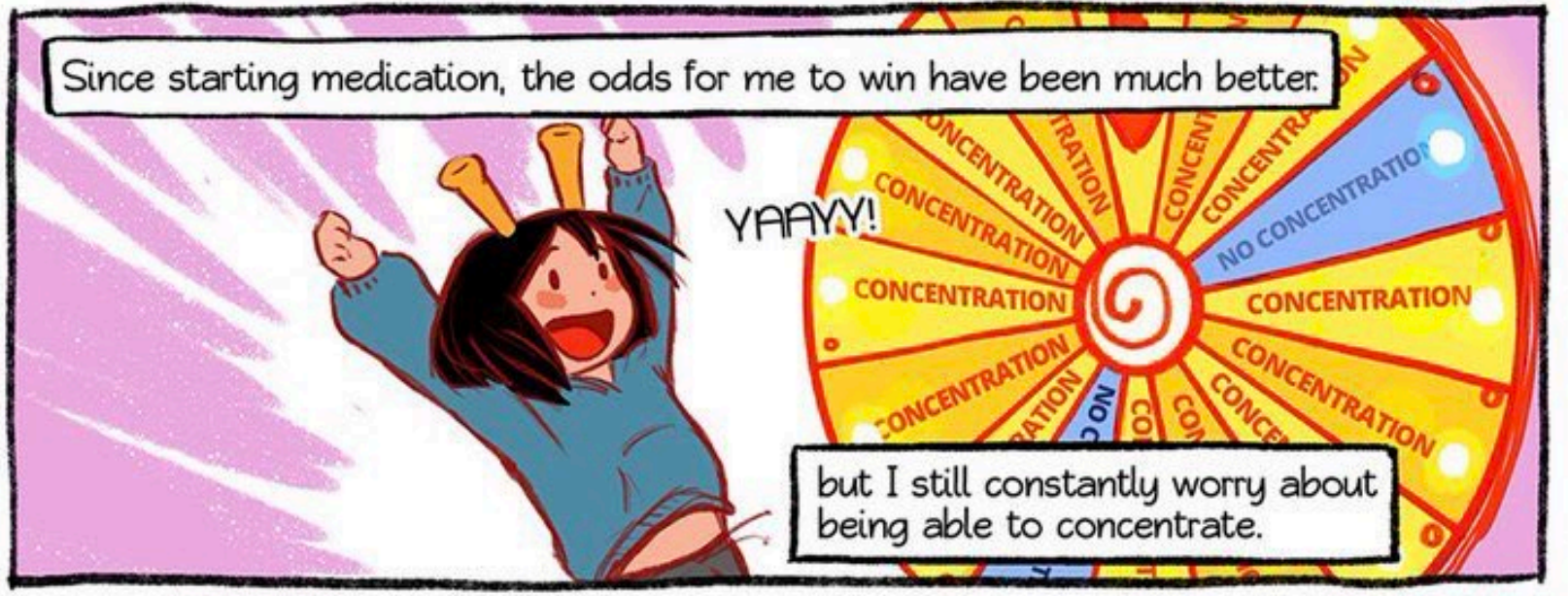
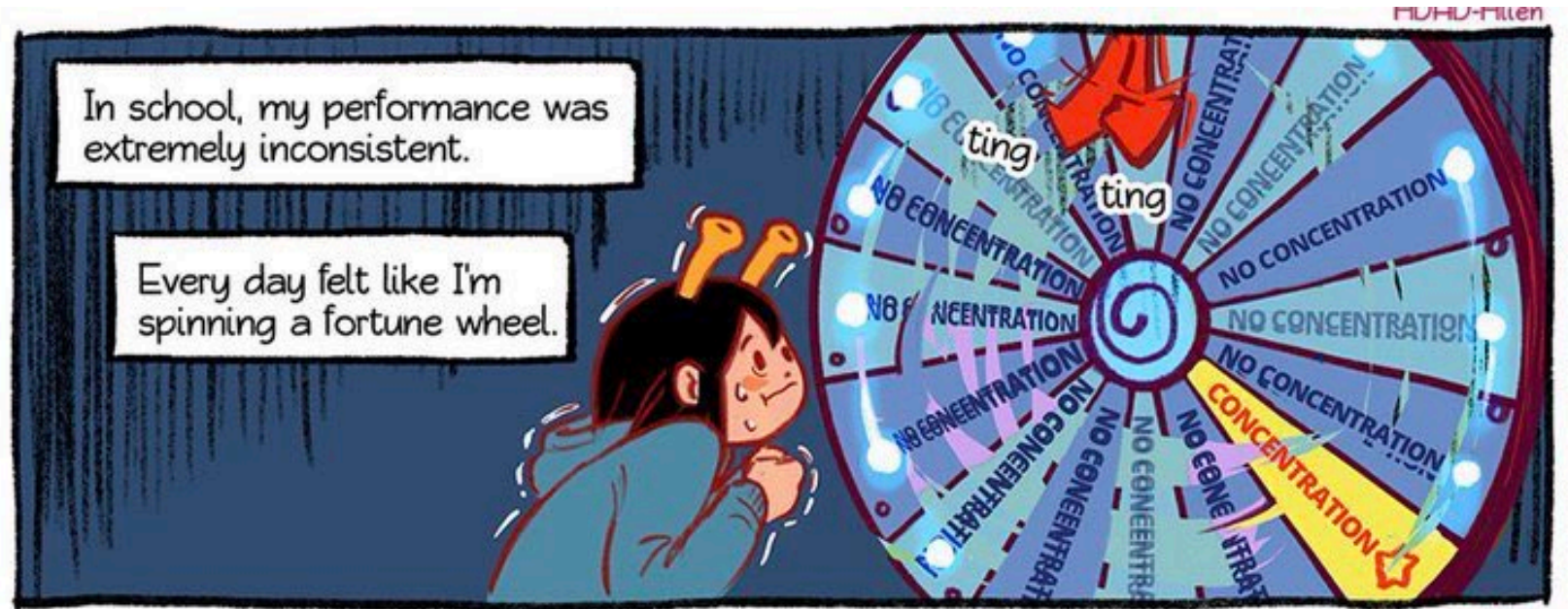
Your gut feeling (you know the one) ✔️



Doctor specialized in ADHD ✔️

What is (my) ADHD?
Treatment

What is (my) ADHD?
Treatment



What is (my)
ADHD?



Rach with ADHD
@AdultingADHD



I used to think that I lacked discipline, but all along I had undiagnosed ADHD.

2:18 PM · Apr 25, 2021 · Twitter for iPhone

233 Retweets **21** Quote Tweets **1,669** Likes



Squish / April 🐙🐟
@ndpoet



1/ Dear colleague/friend,

The thing about ADHD, and the thing a lot of folks without ADHD don't seem to grasp is that it is not simply a matter of trying harder. We already try a lot harder than folks without ADHD, because we have to, often just to tread water in our lives.

10:53 PM · Apr 26, 2021 · chirr.app

1,334 Retweets **167** Quote Tweets **4,919** Likes

ADHD & the
Academy:
Recognition



ADHDoers ✓

@adhdoers

We call this the “Oh you managed to laugh today, congrats you’re no longer depressed” attitude 😞



René Brooks | Black Girl, Lost Keys | AD... ...

@blkgirllostkeys

If you have ADHD and you manage to accomplish things, people will use those accomplishments as evidence that you don't have ADHD. They make my head hurt

4:19 PM · 2021-08-13 · [Twitter Web App](#)

390 Retweets **194** Quote Tweets **11.4K** Likes



Lazy people don't tend to work as hard as they can to avoid being called lazy.

Lazy people often don't obsess over the task they're avoiding, with their mind begging them to 'just do the thing!'.
@adhdactually

Laziness doesn't often occur with feelings of shame and inadequacy.

Laziness is NOT the same as Executive Dysfunction.

Laziness ≠ ADHD

@adhdactually


ADHD & the Academy:
Tasks

GETTING STARTED

"TO-DO LISTS"


NON-ADHD

TO-DO DONE



ADHD

TO-DO DONE



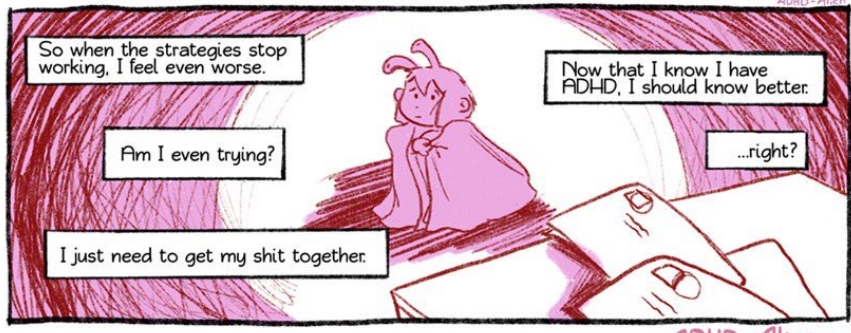
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ADHD & the Academy:
Competing Activities

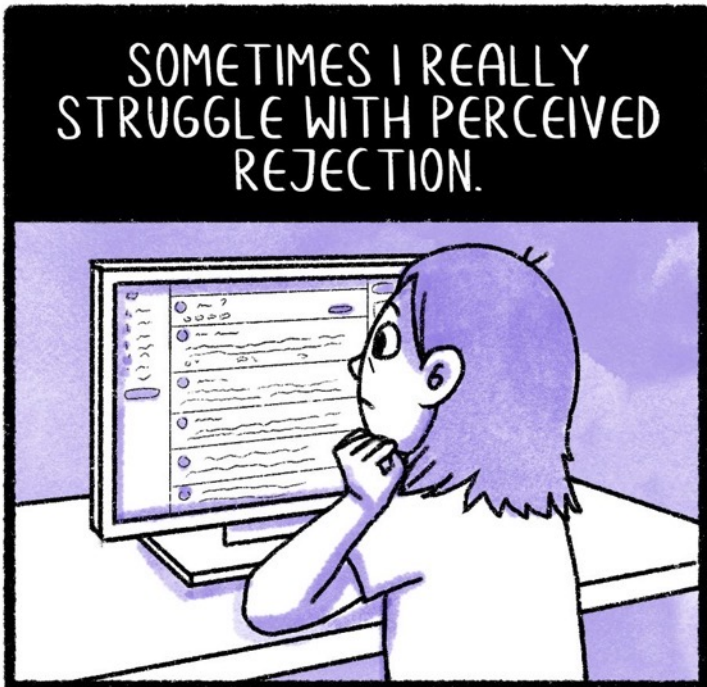
THE NEVER-ENDING CYCLE



ADHD & the Academy: Tasks



ADHD & the Academy:
Perceived Rejection



ADHD & the Academy: Executive Functioning



ADHD Support

How to assist an ADHD-Alien in succeeding with chores



✓ Do

- ☆ set concrete deadlines with rewards
- 📅 put tasks into priority, what should be done first?
- 👤 start the task with them and let them finish it alone.
- ? find out where exactly they got stuck.
 - No Buttons for starting?
 - Can't decide what to do?
 - Got distracted by what?
- 🏠 make the house and chores ADHD Friendly.

✗ Don't

- ? give unspecific tasks like "do the laundry"
- 📅 give too many tasks at once, DO spread them out in a calendar or planner
- 👤 make a habit of taking on chores in their stead.
- 🗣️ ask them "why haven't you done xxx?"
- ! compare them to others and enforce a certain way of doing things

ADHD-ALIEN.com

Examples

Remember that we don't need all of these all the time and that some days are better than others!

"Do the Laundry"

When?	Which? Color? White?	Hang? Dry?
1 Button	1 Button	1 Button

Costs 3 Buttons only for decision making

Write down the tasks

- please do color laundry
- until 7pm (when I get home)
- Let's go to the lake after

ADHD unfriendly house

Open Lid 1 Button

Put in Trash 1 Button

Open Cupboard 1 Button

Cost: 3 Buttons

ADHD friendly house

Put in Trash 1 Button

Cost: 1 Button

ADHD-ALIEN.com



ADHD Support

↻ Jesse J. Anderson • ADHD Creative Retweeted



Tabitha ❤️ @starbittz · 15h

holy shit... i just recently came to this conclusion myself and started buying physical books/etc for this exact reason.

i also find that writing things down in a notebook that is always near me has helped IMMENSELY with keeping track of things i need to do

by: [@jessejanderson](#)

People with ADHD are often surrounded by piles of clutter.

This is actually a form of self-preservation. Even when you don't know you have ADHD, your brain knows if things are out of sight, they become *permanently* out of mind.



4 Tips for focusing with ADHD

ADHD Support

1. DRAWING

It helps me a lot at school! I'm able to focus on what my teacher is saying without being distracted by the students or other random things.



3. FIDGETING

Again, helps me focus on one thing while my teacher is talking. Sometimes I make tiny paper boats to keep my hands occupied! Sums is silly, but it keeps me from getting lost in my thoughts!



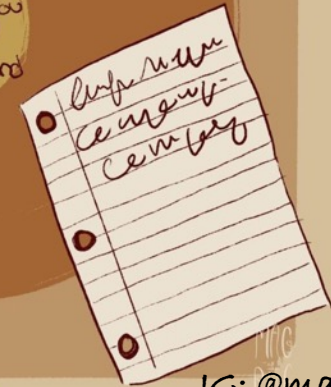
3. TAKING BREAKS

Go to the Bathroom or Take a walk. If you can't, allow yourself to space out a few minutes. Don't forget to zone back in though!



4. TAKE NOTES

Sometimes I like to take notes when my teacher is talking. They don't need to be pretty and you don't need to keep them. It's just to help you focus and keep you busy.



ADHD Support

MY LIFE HAS STARTED TO CHANGE.

THERE IS SO MUCH MORE I NEED TO LEARN ABOUT ADHD BUT IN JUST A FEW SHORT MONTHS I'VE IMPLEMENTED IMPORTANT SUPPORT SYSTEMS.

+ CHANGE OF MEDICATION

+ HIRING ADHD COACHES FOR EXECUTIVE DYSFUNCTION AND TASK INITIATION

+ LEARNING HOW MY BRAIN THINKS AND MAKING MY DAILY ROUTINES ADHD FRIENDLY

+ COPING WITH SENSORY ISSUES AND TIME BLINDNESS

+ A SPECIALIZED NUTRITIONIST FOR BINGE EATING DISORDER

+ THERAPY FOR THE EMOTIONAL IRREGULATION THAT COMES WITH ADHD

+ LEARNING TO USE BODY DOUBLING TO MY ADVANTAGE.

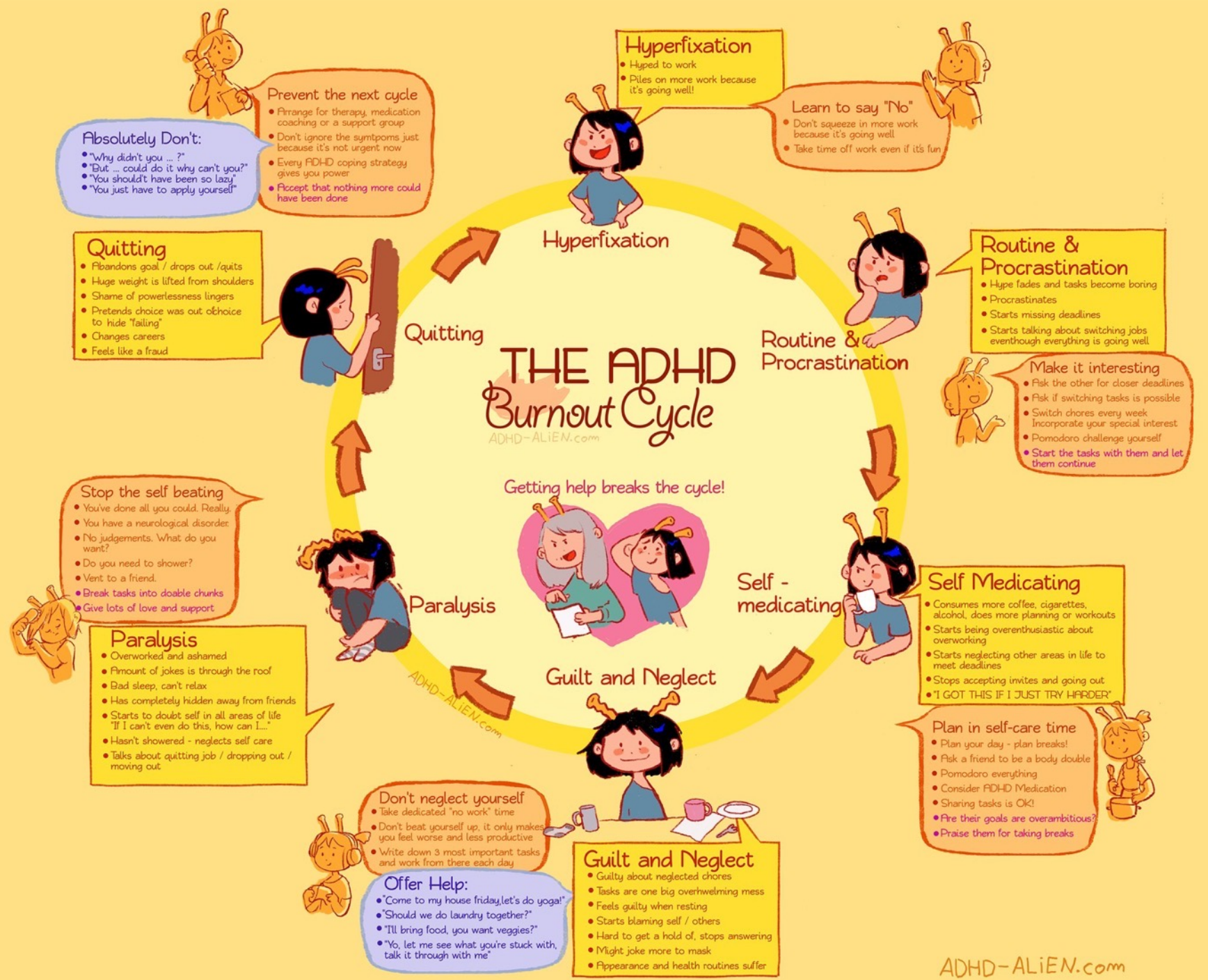


I'M SO GRATEFUL. MY ADHD JOURNEY HAS BEEN A LONE ISOLATING BATTLE. NEVERTHELESS I'M GRATEFUL I'M HERE. I CAN GET THINGS DONE. I HAVE DAILY ROUTINES AGAIN. I'M MORE IN CONTROL AND I'M LEARNING TO FUNCTION. I'M EVEN LOOKING FORWARD TO THE FUTURE.

I'M ONE OF THE LUCKY ONES. I FEAR THERE IS SO MANY PEOPLE LIKE ME OUT THERE. IF YOU ARE READING THIS I SEE YOU. I BELIEVE YOU.

I HOPE YOU ARE ABLE TO SEEK THE HELP YOU NEED.

ADHD & Burnout



Becoming Myself

- **Compassion**
I'm not a bad person
- **Love**
I'm loveable
- **Understanding**
I'm okay

The guilt I used to feel for starting
& abandoning hobbies disappeared
the day I told myself & others,

**"My hobby is trying out
different hobbies!"**

@adhdactually



adhdactually.com

Becoming Myself

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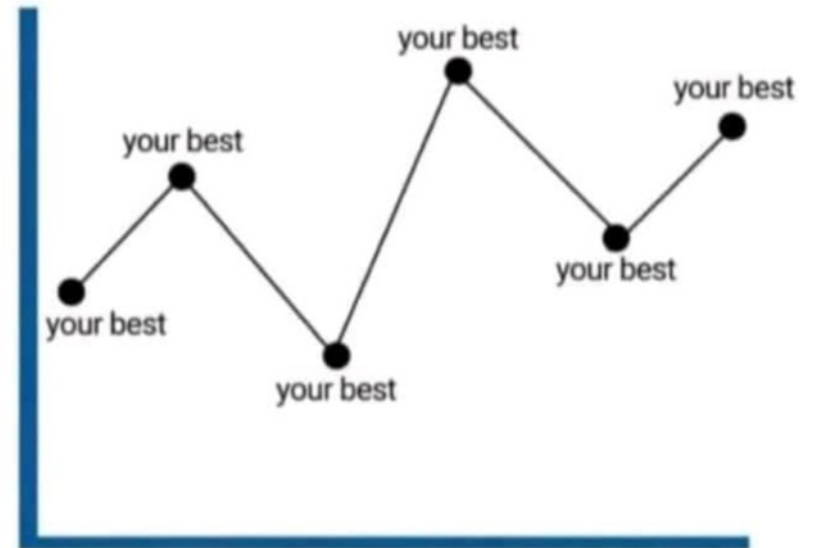


Reloaded Dreams @ReloadedDreams · Jun 14

I needed to see this wonderful self-care and mental health reminder...and so do you 😊💯

#ADHD #ADHDTwitter #TeamADHD #ExecutiveDysfunction #Autism #AutismTwitter #ADHDautism #OCD #bipolar #neurodivergent #Dreadpirate #mentalhealth 🧡

You Are Not a Machine



Your "Best" Will Look Different Each Day
(and that's totally okay!)

Becoming Myself

- **Compassion**
I'm not a bad person
- **Love**
I'm loveable
- **Understanding**
I'm okay



Many Thanks

Thanks to the many ADHD artists and coaches who are part of the #ADHDTwitter, #NeuroDiverseSquad, and #TeamADHD

Thanks to everyone for listening



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carleton.ca/determinants/



@unitepangaea