

Being Successful with ADHD



ADHD is a neurological condition that interferes with the brain's executive functioning, meaning the management of thoughts, emotions and actions.

ADHD typically manifests itself in a persistent pattern that significantly hinders daily functioning.

Challenges may include any of the following:

- inattention
- impulsivity
- hyperactivity
- catching details
- following instructions carefully and completely
- listening when spoken to directly
- losing or forgetting important things
- feeling restless
- fidgeting
- talking excessively
- blurting out answers before hearing the whole question
- waiting your turn

UNC is committed to supporting the success of all students at Carolina. If you consistently struggle with issues like those above, you might consider being [tested for ADHD](#)

[1].

The pages on the right provide information about testing, medications, and policies at UNC and Campus Health. Look around and [contact Campus Health](#) [2] with any questions. We also encourage you to seek assistance from the [Learning Center](#) [3] and [Accessibility Resources and Services](#) [4].

Source URL: <https://campushealth.unc.edu/services/primary-care/being-successful-adhd>

Links

[1] <https://campushealth.unc.edu/health-topics/being-successful-adhd/add-adhd-testing-and-diagnosis>

[2] <https://campushealth.unc.edu/about-us/contact-us>

[3] <http://learningcenter.unc.edu/ldadhd-services>

[4] <http://accessibility.unc.edu/>