

ADHD and its Effects on College Minorities

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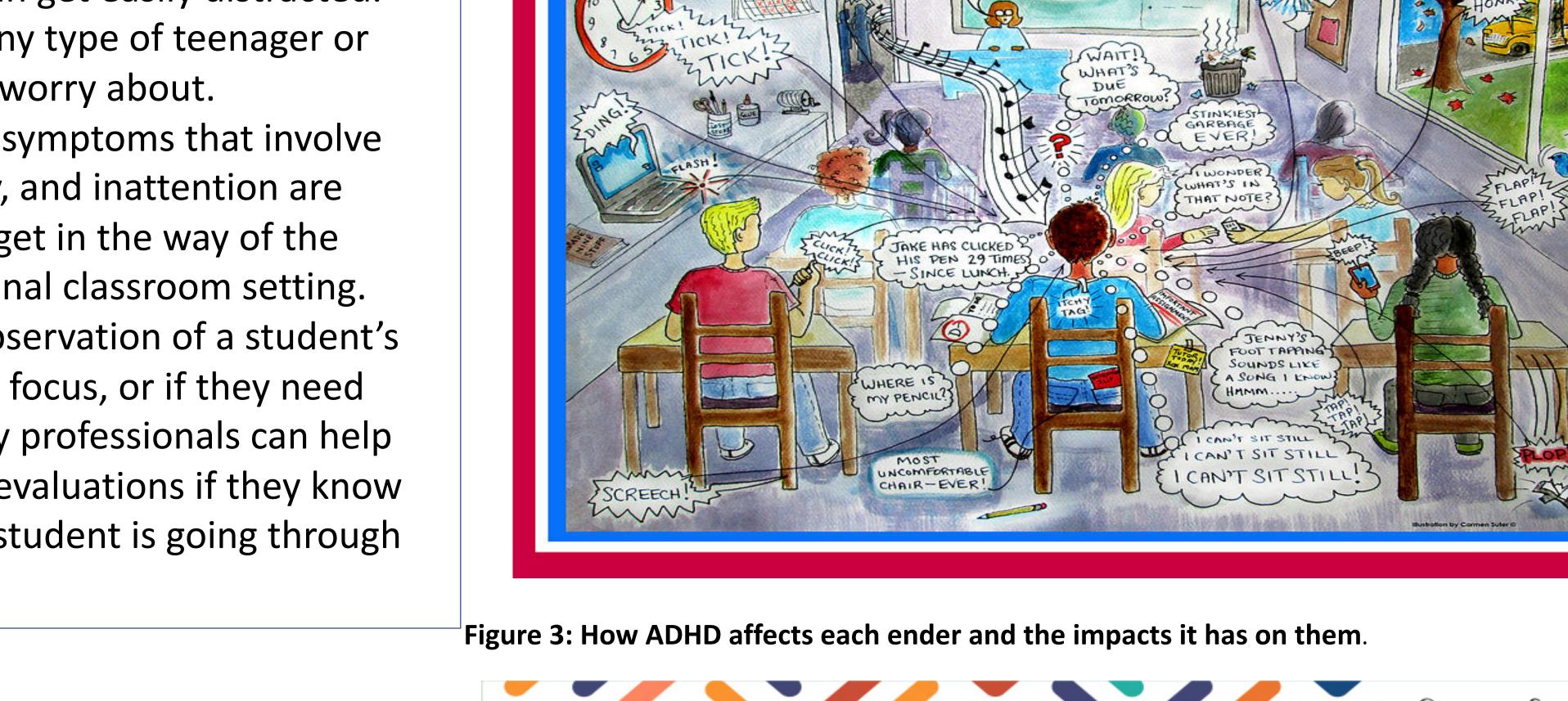


Abstract

Ever since ADHD was first discovered it has been a hinderance and a psychological monster to people that in a way has negatively impacted their way of life and how they must find ways to look at things in a different manner. I want to know the history and the background of when ADHD was first discovered and when the term was originated. Also, understanding how the disability occurs and being able to figure out why it is more prevalent in boys than in girls may also help immensely. I also want to explore why ADHD occurs more frequently in lower income families of color. Being able to understand the structure and function of how ADHD attacks the brain and where it affects our ways of thinking and being able to see if there are any ways to help cope with it or reverse it would help. As time goes along hopefully researchers can find a way to figure out the disability to help improve people's lives throughout the world. Also, if we can figure out all these problems relating to ADHD, we can educate people so they can learn and understand it to help improve their way of living.

Introduction

- Teenagers or young adults have a lot of energy. They move a lot, always want to be on the move going from place to place to hang out with their friends and can get easily distracted. This is usually normal behavior for any type of teenager or young adult so there is not much to worry about.
- Those with ADHD, though, will have symptoms that involve being easily distracted, hyperactivity, and inattention are unusually high and will significantly get in the way of the student's ability to learn in a traditional classroom setting.
- ADHD is a diagnosis based off the observation of a student's behavior, including what helps them focus, or if they need extra time or extra attention. Usually professionals can help better understand and make better evaluations if they know more information or symptoms the student is going through and can make a better diagnosis



Normal Brain

Figure 1. Brain with and without ADHD

Figure 2. Differences in each type of brain.

ADHD

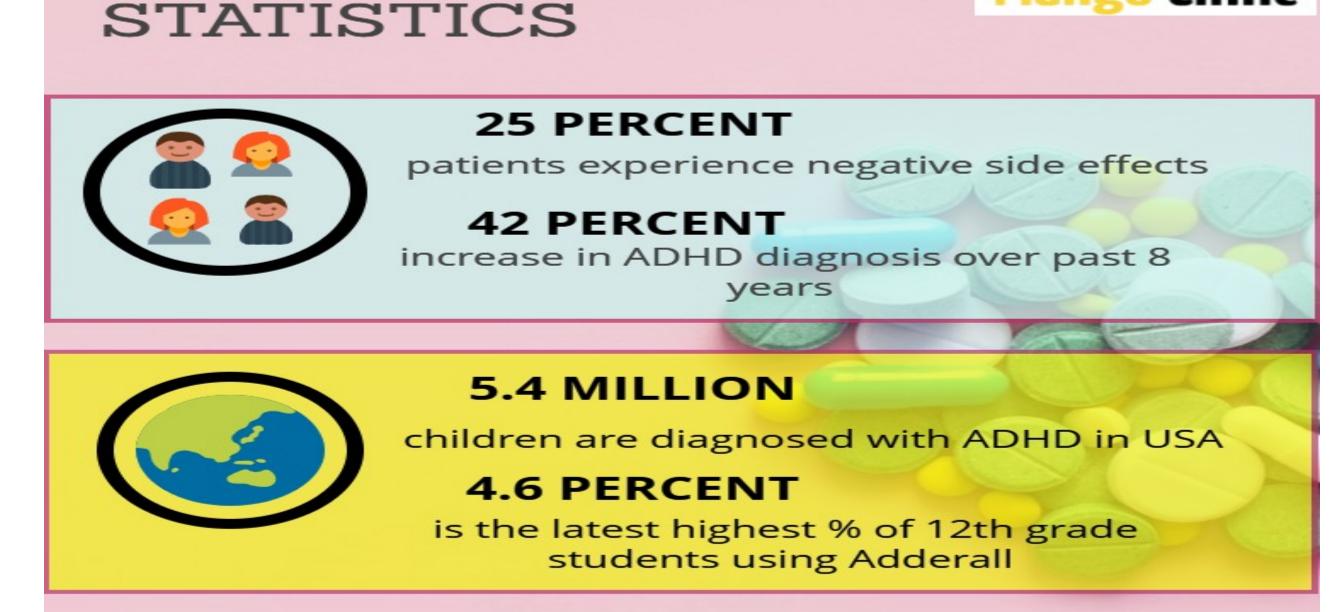
Brain with ADHD

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References:

Clinic



mangoclinic.com

DISTRACTED?

GENDER DIFFERENCES IN ADHD SYMPTOMS Boys and girls can display very different ADHD symptoms, which may be why boys are 3 times more likely to get an ADHD diagnosis than girls.1 GIRLS' SYMPTOMS ARE LESS OBVIOUS **BOYS' SYMPTOMS ARE** MORE OBVIOUS AND EXTERNAL: **AND OFTEN MORE INTERNAL:** Impulsivity or acting out Being withdrawn Low self-esteem and anxiety Impairment in attention Inattentiveness; a tendency to daydream Physical aggression, such as hitting Verbal aggression: teasing, taunting or name-calling 4.9% 12.9%

Review of Literature

- Emotion and learning share a close relationship (Bortz, 2018)
- Understanding that students learn in different ways, so the teachers should adapt and conform to their ways (Holton, 2019).
- Creating a positive mindset for the student will help increase or affect the amount of success they have (Holton, 2019).
- Students with ADHD can demonstrate knowledge and skills in many ways.
- Process matters more than the final product (Slaughter, 2020).
- Success doesn't always mean having a student work harder, but smarter because then they find effective and quicker ways that help them learn and understand how to do things more effectively (Bortz, 2018).

Results/Discussion

Results: Although currently there is no cure for ADHD there are treatments: medications, therapy, special teaching, behavior modifications, support groups Hopefully as time goes along if the person is diagnosed in a good amount of time, they will usually be able to improve as they get older and will be able to function normally and have a regular life.

The causes of ADHD are unknown, but they have discovered several things that could lead to it:

Discussion:

Heredity-ADHD tends to run in families

Chemical imbalance- the chemicals in people's brains could lead to things going wrong or not functioning correctly

Brain changes- Areas of the brain that control attention are less active in teenagers or young adults with ADHD Poor nutrition, infections, smoking, drinking, and substance abuse during pregnancy. These things can affect a baby's brain development. Toxins, such as lead. They may affect a child's brain development.

A brain injury or a brain disorder. Damage to the front of the brain, called the frontal lobe, can cause problems with controlling impulses and emotions

Conclusions

While the whole process and the journey of having ADHD for a student or just teenagers in general can prove to have a big impact in their life, and at times things may be frustrating and difficult, if they have the determination, strength, and support throughout the journey, then they will successfully be able to overcome the trials and tribulation and push through. It gives the minorities and the kids that grew up with little to no education and low income a chance to become great and successful.

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