

Warning Signs of ADD/ADHD

The symptoms of ADD/ADHD vary greatly. All people display some of these symptoms, some of the time. However, people who *frequently* display these symptoms, may be displaying signs of ADD or ADHD. This is especially true if their behavior is not *age* and *situation-appropriate*, and is *interfering* with their ability to be successful in school or at work. If a person displays these symptoms, learn more.

Physical Activity

- Either:
 - Can't sit still, feels restless
 - Has boundless energy
 - Always fidgeting, restless feet, etc.
- Or:
 - Couch potato, lethargic, slow, space cadet
 - Physically there, mentally gone

Frequent mood swings

- Feels emotions intensely
 - Higher highs and lower lows
- Low tolerance for frustration
 - May have rage attacks

Attention

- Trouble deciding what to pay attention to
 - What's most important
- Trouble getting started on a task
 - Often feels overwhelmed
- Trouble staying focused on repetitive tasks
 - Until the task is complete
 - Can't do homework independently
- Trouble shifting attention
 - To a new task

Highly Distractible

- Distracted by any change in environment
 - Any noise, movement, or smell
- Distracted by their own thoughts
 - Daydreamer
- Can't stay focused for long
 - Except Nintendo-type games or TV
 - Or a new or scary activity
 - May hyperfocus on a hobby
- Starts many projects
 - But rarely finishes them

Impulsive

- Can't wait to be called on
 - Blurts out answers in class
- Extremely impatient
 - Difficult to wait for his/her turn
- Often acts before thinking
 - Doesn't seem to learn from mistakes

Doesn't Listen Well

- Confused by multi-step oral directions

No tolerance for boredom

- May start arguments if things are too calm

Time Management

- Always rushing; can't slow down
- Makes careless mistakes
 - Hates to doublecheck
- Doesn't use class time well
 - Feels rushed by teachers & parents
- Puts most things off until the last minute

Odd Sleep Cycles

- Night owl, hates to go to bed
- Difficult to wake up in the morning
- May be a restless sleeper
- Bedwetting or sleepwalking

Inconsistent Performance

- Good days and bad days
 - Some days they can do the schoolwork
 - Other days they can't

Disorganized

- Messy room, desk, backpack
- Constantly loses or misplaces things

Other Symptoms

- Chatterbox; talks excessively
 - Interrupts conversations frequently
- Strong sense of justice; bossy
- Lots of allergies
- Terrible penmanship
- Trouble remembering daily routines
- Relatives with ADD

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Attention Deficit Disorder (ADD) and Attention Deficit Hyperactivity Disorder (ADHD) are neurologically-based conditions. The primary characteristics are poor concentration and a lack of attention, as well as possibly hyperactivity. However, as you can see from this checklist, the symptoms can be far more encompassing than previously thought.

For more information on how we can help the struggling student, or dyslexic, see our contact information below.