

Docket ID: ED-2017-OS-0074

The "Dear Colleague Letter and Resource Guide on ADHD"

<https://www2.ed.gov/about/offices/list/ocr/letters/colleague-201607-504-adhd.pdf>

I was diagnosed with ADHD during my freshman year in High School. During that time I struggled immensely in math class. Without receiving any assistance I became overwhelmed with depression and all of my grades began to suffer. Years later I understand now what would have helped me overcome the challenges I faced then. Things like extra time to copy notes before they were erased, additional time on tests, and environmental adjustments that are proven to be effective and highly valuable.

For me personally I cannot emphasize enough, the major difference it made in my education. I made a complete recovery and with a lot of effort managed to achieve a 4.0 average. It was all thanks to having teachers, counselors, and parents, that were educated on my disorder and how it affected my ability to learn.

To this day I am profoundly grateful to all of the people who invested time into understanding how ADHD impacts education. There are thousands of children and minors not being represented in these comments. Knowing personally that the efforts being made, will have a lasting impact on their academic and individual growth. I urge those in authority to continue support the children who desperately need them. Thank you for your consideration.

Sincerely,
Natalia Barra