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The "Dear Colleague Letter and Resource Guide on ADHD"

<https://www2.ed.gov/about/offices/lis...>

I am at the end of my college career, and have only just been diagnosed with ADHD. The issues I've struggled with throughout my time in school (difficulties with concentration, timeliness, organization, etc.) went largely unnoticed by my parents and teachers, as I was never disruptive in class.

However, my GPA as well as my personal growth suffered greatly. Because I never got the help I so desperately needed, I failed classes, was constantly sleep deprived, and lacked confidence in myself as a student. If I had gotten the help I needed in school (evaluations, counseling, accommodations) I would have been able to learn good study habits and how to deal with my symptoms in a healthy manner before entering college.

I do not want children with ADHD to struggle as much as I and others like me have, and this resource guide assists in that endeavor. This resource is necessary for the support of children with ADHD, and should not be cut.