The “Dear Colleague Letter and Resource Guide on ADHD”

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

Please do not remove these resources. I am an adult PhD candidate with ADHD and having accommodations like extra test time was extremely important in enabling my ability to read and understand questions as well as ensure that I stopped accidentally skipping test questions and lowering my test scores. It's also very important that educators understand both the difficulties ADHD poses for students as well as what accommodations they require. Unfortunately, I have found that there continues to be a widespread lack of understanding about ADHD at all levels of education- and graduate programs are no exception. However, if a document like this had been available to me when I was much younger, I might have learned to better advocate from myself and seek the services I have continued to need. For instance, I also wish tutor services could be expanded for people with ADHD. For the first three years of high school, I failed a school-wide writing exam because I did not understand the prompts and did not know I could seek extra test time to better absorb the directions. However, in my senior year a tutor finally slowed down the assignment and broke down what we were supposed to do in clear steps for us in class. I ended up getting the highest score in the school that year. So please, don't diminish our services, expand them. There are incredible people whose minds have ADHD in addition to other gifts, we just need to help cultivate their abilities.