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The "Dear Colleague Letter and Resource Guide on ADHD”

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

I am a student who currently has accommodations for my ADHD, which has completely changed my life. I used to struggle with timed test and due dates and because my teachers did not understand what I needed as an ADHD student they were unable to help me. When the resource guide for ADHD and other mental disorders was published my parents and I were able to get the best accommodations for me as a student. My teachers learned that someone who is in gifted or higher level classes with stable good grades can still have ADHD and can still be struggling. I remember always being the last one to finish a test, and when the bell rang and I was still not done my teacher would not let me have more time, which was a constant struggle. Now that I have these accommodations I am doing better in school, I am no longer rushing to finish and bubbling in random answers because it was taking me a longer time. Also, my teachers are now informed and understand all parts of ADHD and might be able to help a future child get the accommodations they need to be successful. This letter is the best thing that's happened to me and I hope that it is kept so that someone else in the future will have the same opportunities that I do.