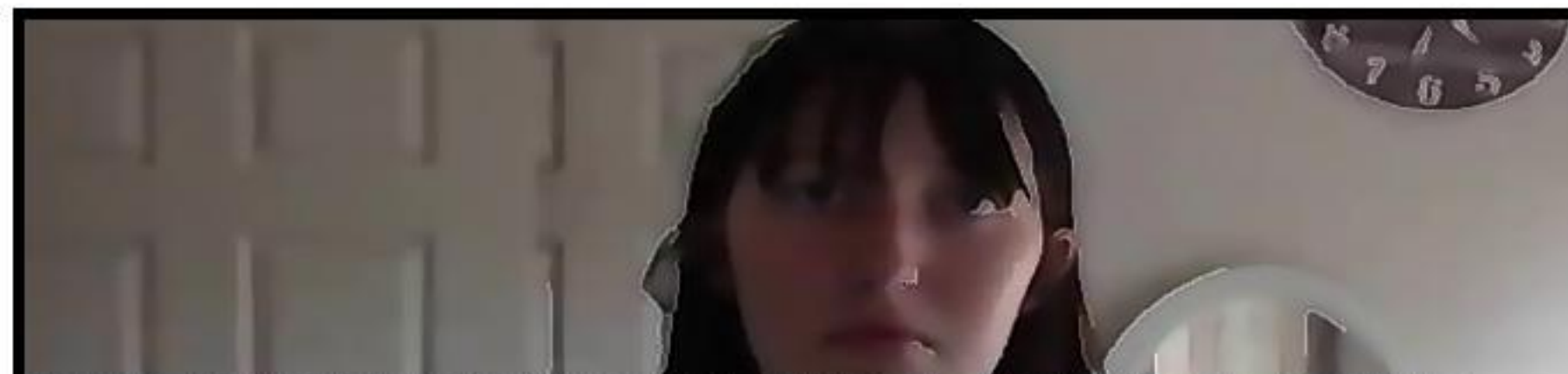




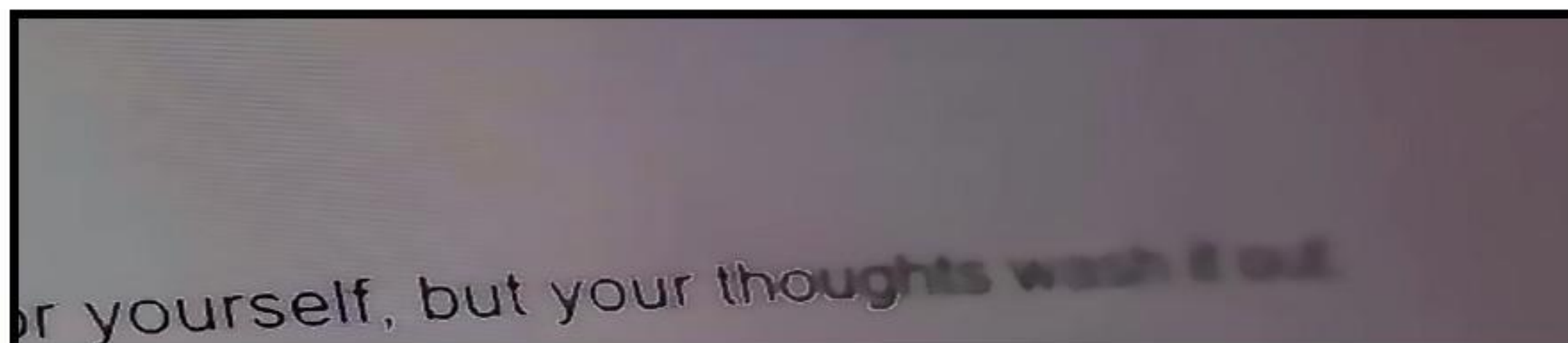
ADHD IS A CHEMICAL IMBALANCE IN THE BRAIN THAT CAUSES ISSUES WITH EXECUTIVE FUNCTION, MEMORY, ORGANIZATION, FOCUS. IT'S A VERY HARD THING TO DESCRIBE, ESPECIALLY TO THOSE WITHOUT IT.



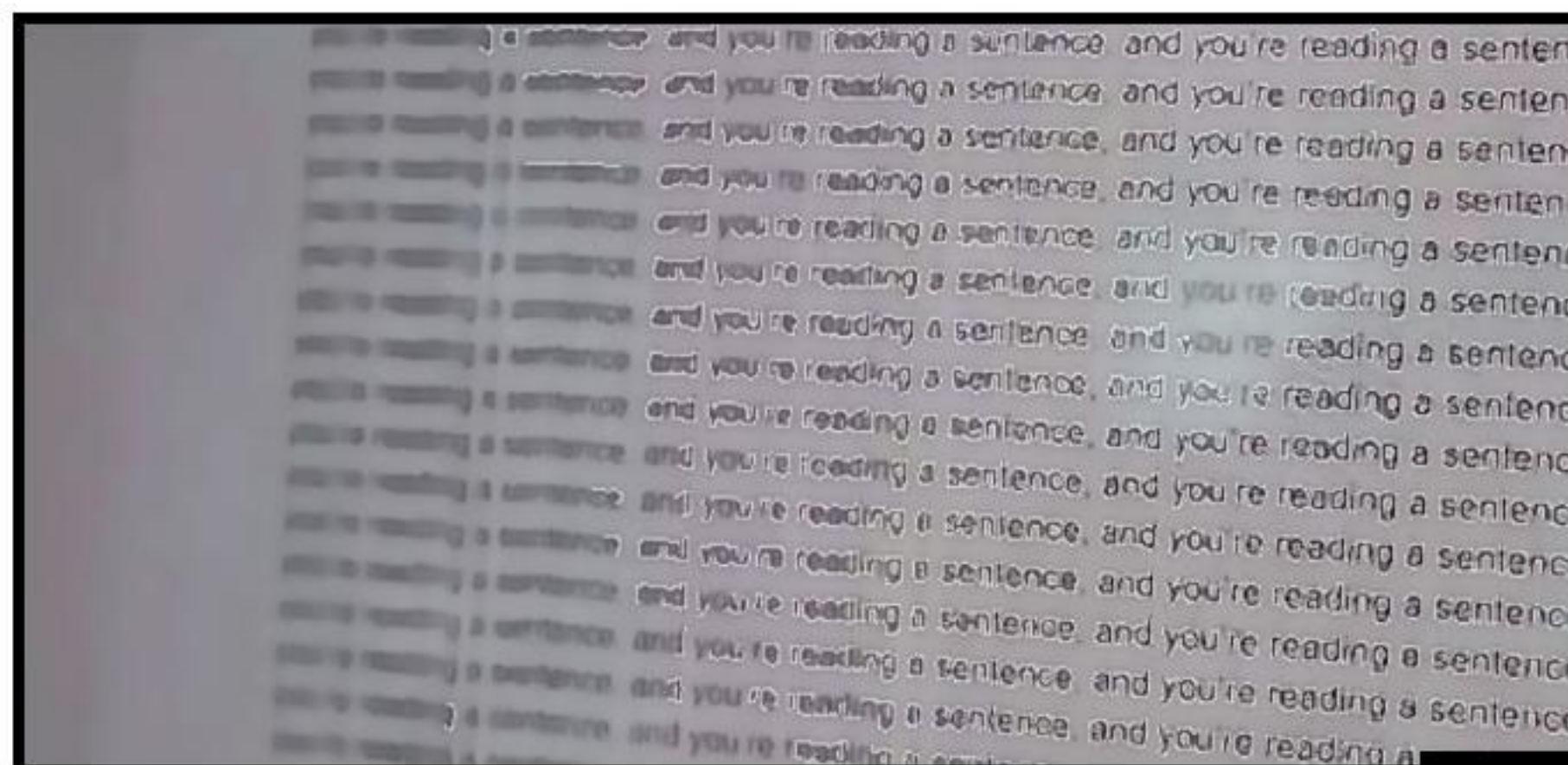
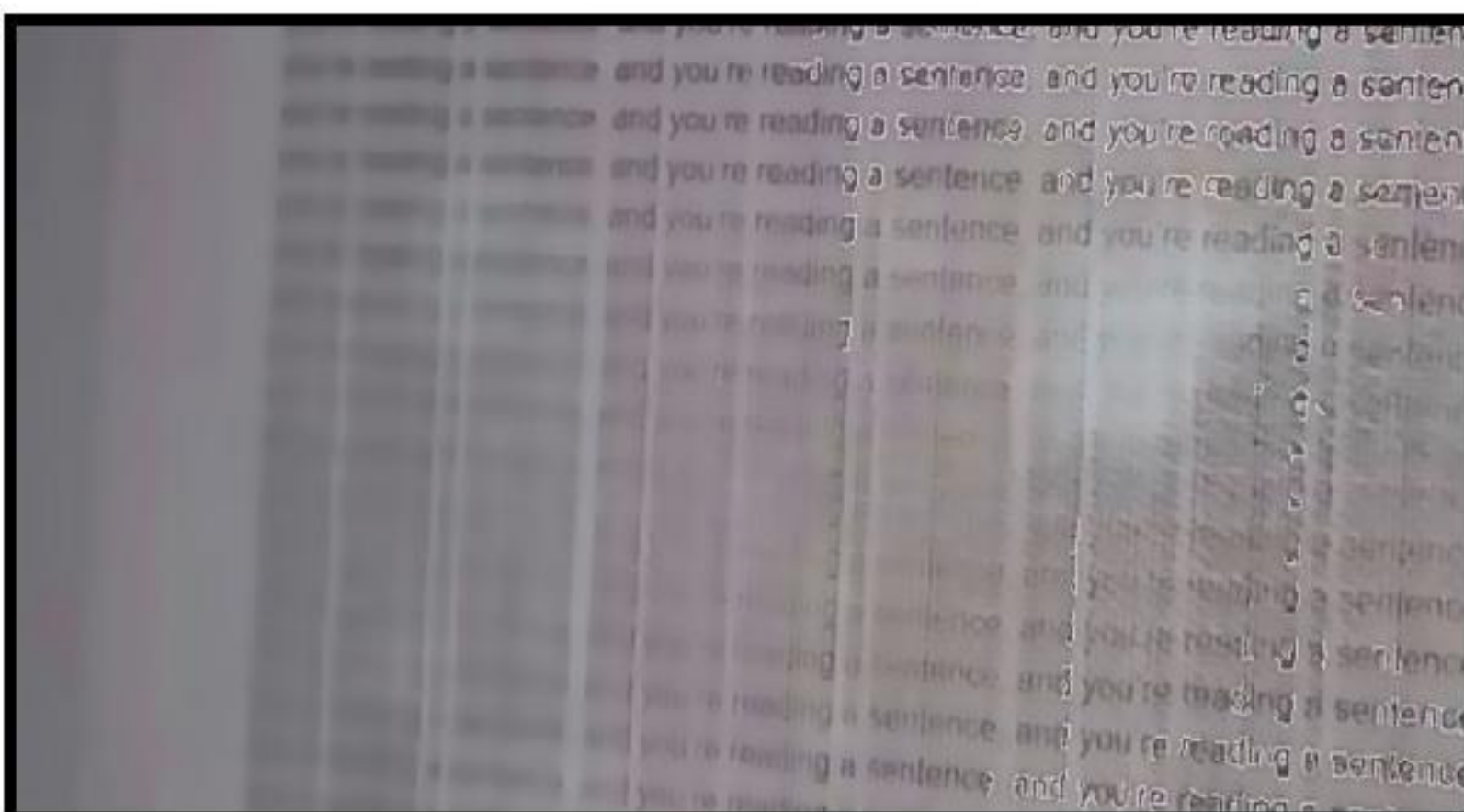
YOU THINK YOU KNOW THINGS, BUT YOU DON'T. IT'S THE LITTLE THINGS THAT MAKE A DIFFERENCE.



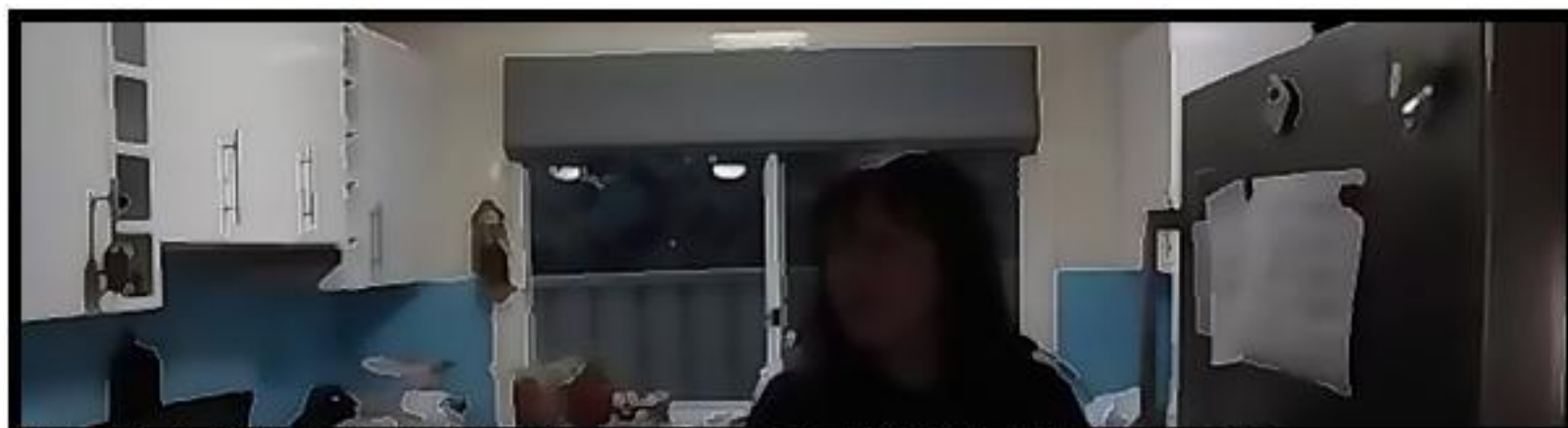
"I DON'T GET THIS. ANYONE PUT IT HELP ME? AND AS YOUR FRIEND THEY SAY OF COURSE, ALONG WITH FOUR WORDS YOU'LL BE THINKING ABOUT FOR YEARS"



"WHAT DON'T YOU UNDERSTAND? YOU'RE IN YOUR ROOM TRYING TO READ THE ASSIGNMENT FOR YOURSELF BUT YOUR THOUGHTS WASH IT OUT. A LONG TIME"







"I'M HUNGRY BECAUSE I'VE ALMOST FINISHED THIS TASK OR GET IT WHAT I'M DONE WITH"



"I'M SITTING HERE FOR HOURS TIED TO MY SPOT BY THE AIR AND MY OWN NOSE AND I'M FEELING LIKE I'M IN A DREAM," HE SAYS. "I'M FEELING LIKE I'VE BEEN HERE FOR A LONG TIME AND

POUR YOURSELF ANOTHER GLASS OF WATER. HOPEFULLY NOW YOU'LL BE ABLE TO FOCUS. TO BE SAFE YOU POUR YOURSELF ANOTHER DRINK OF WATER TO HELP YOU FOCUS.



"YOU WALK BACK TO YOUR ROOM AND REALIZE THE SUN HAS SET. YOU WALK BACK AND REALIZE THAT YOU HAVE TO GO BACK TO WORK"

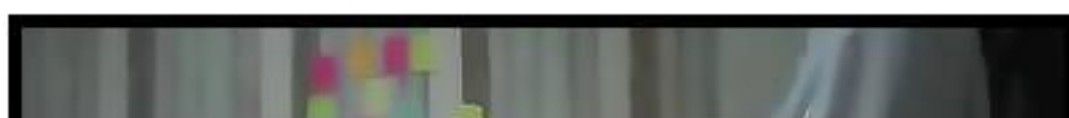


"YOU'VE WASTED THE DAY. YOU'VE WASTING THE DAY," HE SAYS. "I'M SORRY. I'M SO SORRY."

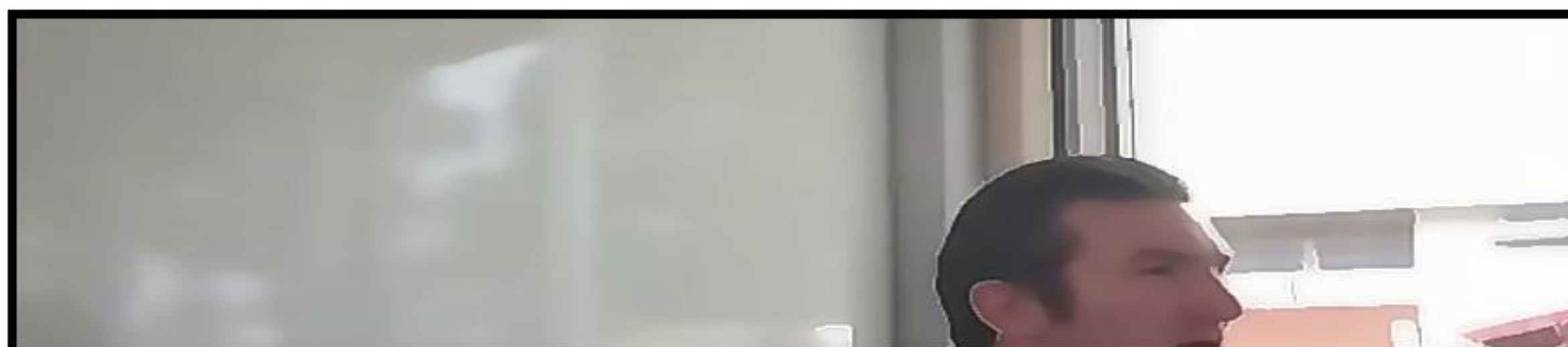




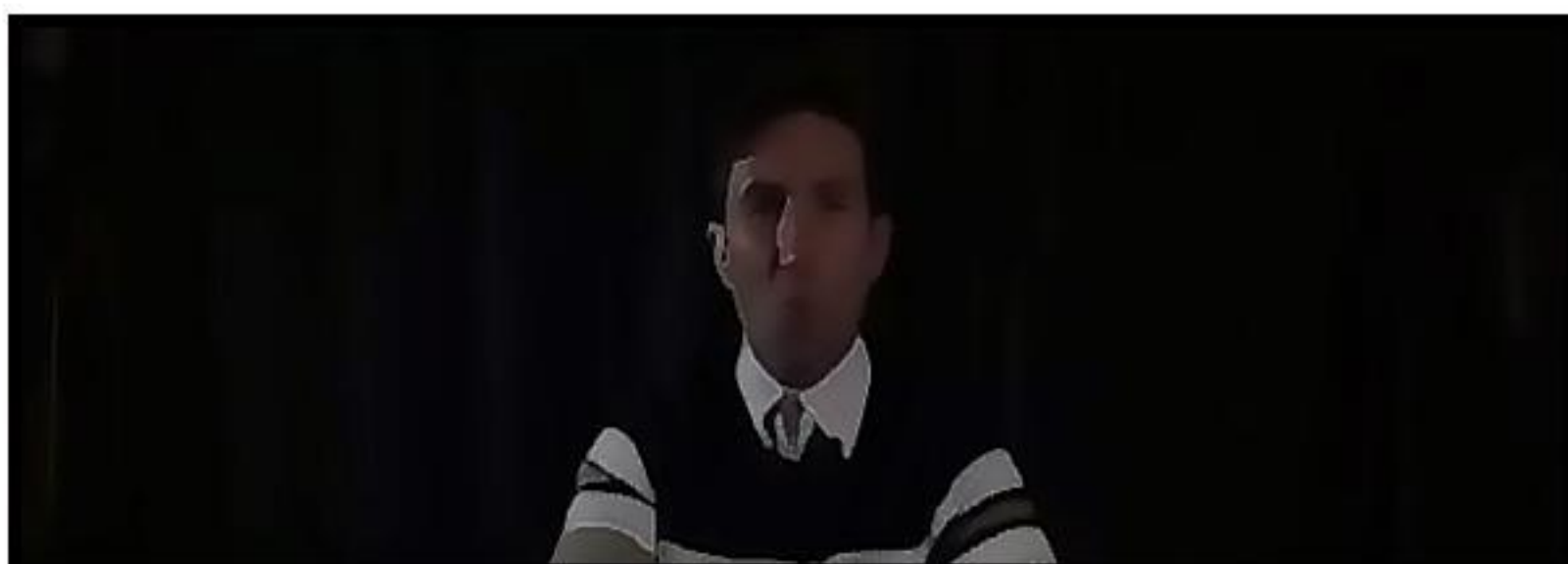
STICKY NOTES HAVE BEEN KNOWN TO HELP YOU KEEP TRACK OF WHAT YOU NEED TO DO. YOU KNOW IT WILL BE BETTER TO PREPARE FOR TOMORROW TONIGHT BUT IT'LL BE FINE.



YOU'VE GOT YOUR ALARM SET. YOU'LL WAKE UP WITH PLENTY OF TIME. YOU MISS YOUR CHANCE TO PACK. YOU'RE MISSING YOUR KEYS AND IN THE RUSH TO FIND THEM YOU THINK OF ALL THE TIMES YOU'VE BEEN HERE



YOU TRY YOUR HARDEST TO FOCUS AND PAY ATTENTION AND TAKE IN WHAT HE'S SAYING. JUST LISTEN TO IT. IT'S NOT HARD. LISTEN TO EVERYTHING.

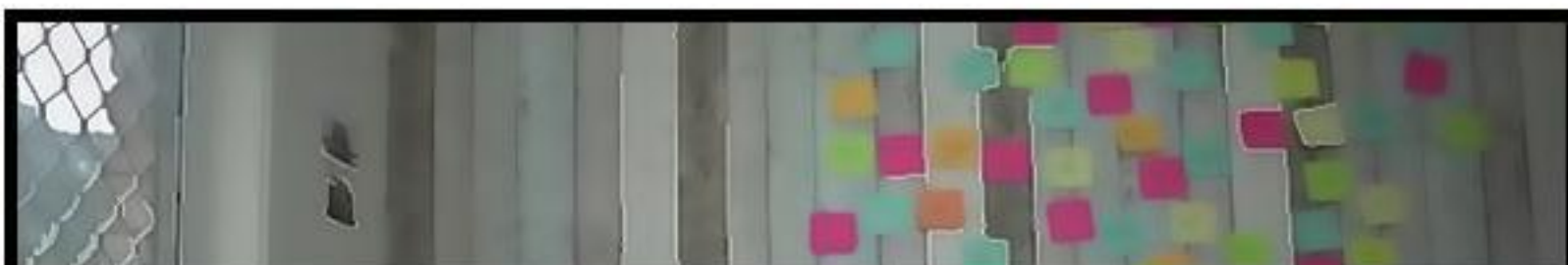


YOU'RE ON THE TRAIN HOME. YOU'LL LOOK AT THE NEXT STOP SCREEN RECITING EACH STATION IN YOUR HEAD. HOW MANY TIMES HAVE YOU BEEN HERE?



YOU'VE MADE IT HOME. YOU'RE EXHAUSTED. YOU DON'T KNOW WHY. HOW MANY TIMES HAVE YOU DONE THIS?

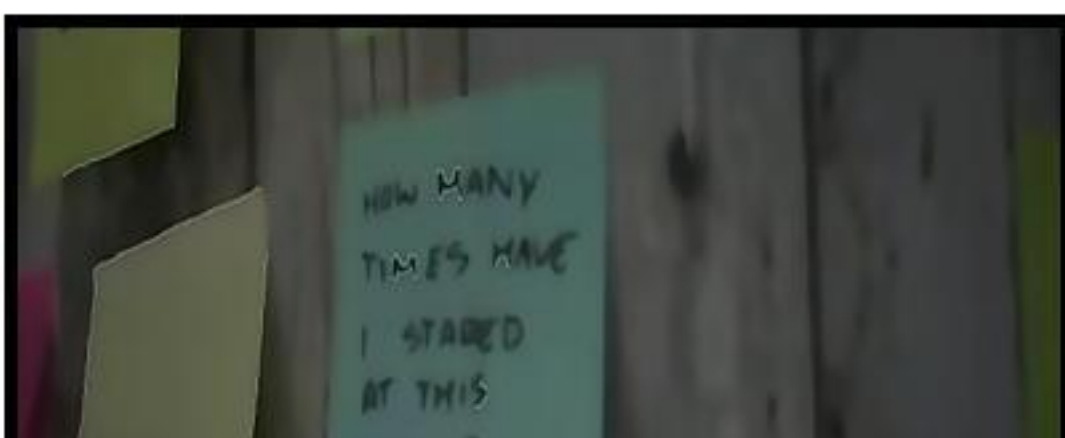




YOU DIDN'T EVEN GET ANYTHING DONE TODAY. IT WOULD MAKE SENSE BEING THIS DRAINED IF YOU GOT SOMETHING DONE BUT YOUR BRAIN IS FRIED WITHOUT THE RESULTS TO JUSTIFY IT.



YOU FORGOT TO ASK ABOUT THE ASSIGNMENT. WHATEVER. YOU'LL JUST ASK HIM TOMORROW. AND THAT'S WHEN YOU REALIZE. IT'S BEEN TWO WEEKS.



IT'S BEEN A LONG TIME SINCE I'VE BEEN ON A PLANE. I'M SO GLAD TO BE BACK IN THE U.S.



"WHAT HAVE YOU BEEN DOING IN CLASS THE PAST FEW WEEKS?" HE ASKS. "NOTHING. ABSOLUTELY NOTHING" "BUT YOU CAN'T TELL HIM THAT. THAT'LL NEVER BE ENOUGH. WELL, I'M ACTUALLY..."







TWO WEEKS. TWO WEEKS. TWO VALUABLE WEEKS. IT'S BEEN A LONG TIME COMING, BUT IT'S BEEN WORTH IT.



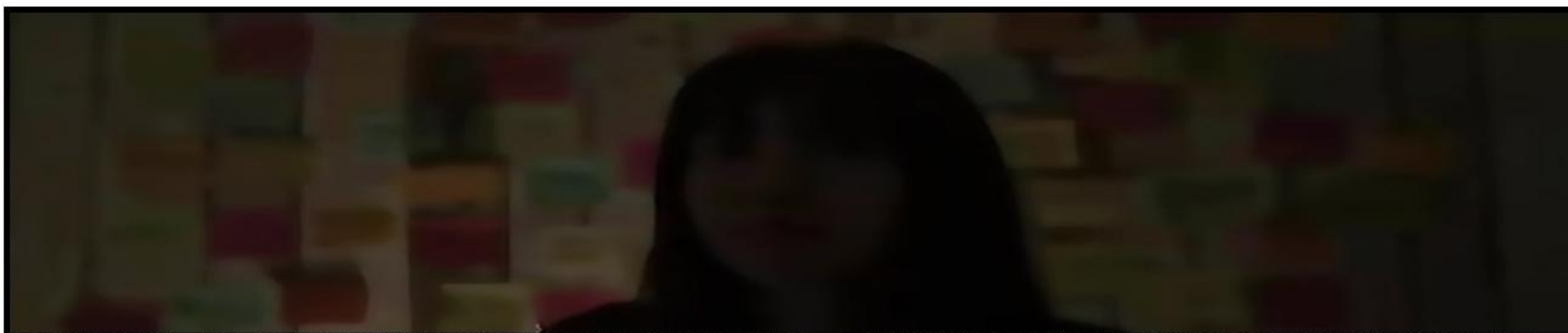
WASTED. GONE. WASTED. THE WORLD HAS LOST A GREAT DEAL OF VALUE.



"YOU'RE RUNNING OUT OF TIME. IT'S DUE BY THE END OF THE WEEK AND YOU HAVE NOTHING. ABSOLUTELY NOTHING TO WORK WITH. NO NOTES. NO FOUNDATION. NO FOUNDATION"



"YOU'RE RUNNING OUT OF TIME. YOU'RE RUNNING UP AGAINST THE CLOCK," HE SAYS. "YOU'VE GOT TO GET OUT OF HERE."



YOU LOOK AT THE STICKING NOTES ON YOUR WALL. THEY'RE GOOD AT KEEPING TRACK OF WHAT YOU'VE FAILED TO DO.