

COST

First semester: \$2,000 (includes \$500 assessment)

Subsequent semesters: \$1,500

Fees include evaluation and services for an entire semester

Students may enroll at the beginning or halfway through the semester. Fees will be prorated accordingly (\$500 assessment is not prorated).



Contact Us

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SUCCEEDS Clinic

University of Maryland

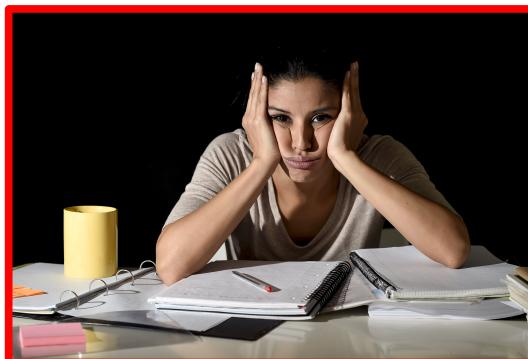


**A PROGRAM DEDICATED
TO HELPING
UNDERGRADUATES WITH
ADHD
MEET ACADEMIC AND
PERSONAL GOALS**

B DEPARTMENT OF
Psychology
BE UNDERSTOOD

ADHD Facts

- Approximately 8% of college students have a diagnosis of attention-deficit/hyperactivity disorder (ADHD)
- Symptoms of ADHD in college can include difficulties with:
 - Paying attention in class, while completing homework, or studying
 - Planning long-term assignments
 - Procrastinating
 - Managing time
 - Staying organized
 - Getting motivated
 - Maintaining self-care (e.g., taking medications, getting enough sleep)
- ADHD in college is associated with:
 - Lower GPAs, academic problems, and risk for college drop out
 - Difficulty adjusting to college
 - Anxiety, stress, and depression
 - Alcohol/substance use and other risky behavior



The goal of SUCCEEDS is to help students with:

- Better managing their time
- Determining their short- and long-term goals
- Identifying concrete ways to reach their goals
- Improving their grades
- Leading a healthier, more productive, and stress free lifestyle
- Being prepared for graduation and beyond!



Getting Started with SUCCEEDS

- Diagnostic Interview
- Functional analysis of strength and problem areas
- Assessment of values and goals across several life areas
- Documentation to receive accommodations with The Office of Academic & Disability Services, if desired and warranted

SUCCEEDS Services

- Individualized feedback session to discuss treatment plan
- Weekly group sessions with a PhD- or MA- level therapist.
- Weekly 1-on-1 sessions with a SUCCEEDS coach
- Sessions will focus on helping students achieve academic and personal success through long-term evidence-based components:
 - Organizational skills training
 - Time management
 - Motivational enhancement
 - Goal identification and activity planning
 - College and career planning
 - Counseling for stress, mood difficulties, and substance use

