Dear Dr. Gruber,

I am writing this letter to you because I have come to respect and trust your position on the use of ADD medication. In two visits, I am convinced that you know infinitely more about the dangers and risks of these drugs than I do... and this is why I need your help. I am primarily concerned with making the best possible lifestyle choices such that I can continue my pursuits in life for as long as possible. I know that your knowledge and experience can help me make these decisions.

With that said, I am very concerned about my ability to express myself in person at the clinic. I would like to share how ADD medication has played a role in my life in the sole effort to figure out if it fits into my future. And in order to do that, I am certain you need to know more about me than could possibly be conveyed in two doctor's visits:

First and foremost, a short history:

I did fine in high school without really trying; never really studied and managed a 3.9GPA in honors and accelerated classes. Additionally, I just remembered I would cheat on test questions that seemed "unfairly difficult" by looking to see if other people found the same answer I did... and if there was something different, I would redo the problem; I would not copy their work. I think this means I knew how to do the problems, but I found confidence in my answers only after comparing with others.

When I entered Western, I changed my non-existent study habits and I stopped cheating.

After my first two years at Western, I considered my weak GPA to be caused by general disinterest in the material, or a poor match of a professor's teaching style to my learning style.

But it was clear to me that I really wasn't able to absorb information the same way my friends were.

It would take me two days to write a paper that would only take my peers a few hours... and I would get a lesser grade.

I started taking Concerta one year ago because I was having trouble focusing during lectures in my larger classes (50+ people). I really wasn't able to absorb information the same way my friends were; I could hear the professors and presenters, but I would not be listening to them. This was a serious problem, because I would not go home and study what I should have been learning. but the most visible were the size of the classrooms, intrinsic interest in the material, and

In my frustration, I reached out to my family and my doctor about it.

I was prescribed Concerta and many aspects of my work improved significantly.

I need to elaborate on how I see myself and how I see these drugs. I am certain that I am using ADD medications for the right reasons, but the wrong way. Below are some of the things I have and have not done:

1. I want to say that I have never taken more than the recommended dosage of ADD medication, but that isn't true. Last Summer, I was driving to Bellingham from Santa Barbara, California after a summer-long internship. And I took a 36mg dose of Concerta at 3AM to be able to finish the drive in one day. This is the only time when I have knowingly and purposefully used these drugs the wrong reasons.

2. I have not taken the medications in effort to have fun. I can easily say that I have grown out of the "college partying phase." I have been to 5-6 parties since last Summer, and never once considered taking meds before going out. It simply isn't an option in my mind.

3.