

ADHD

Despite how common ADHD is, doctors and researchers still aren't sure what causes the condition. It's believed to have neurological origins. Genetics may also play a role.

Research Trusted Source suggests that a reduction in dopamine is a factor in ADHD. Dopamine is a chemical in the brain that helps move signals from one nerve to another. It plays a role in triggering emotional responses and movements.

Teaching Strategies:

- Create worksheets and tests with fewer items, give frequent short quizzes rather than long tests, and reduce the number of timed tests.
- Test students with ADHD in the way they do best, such as orally or filling in blanks.
- Divide long-term projects into segments and assign a completion goal for each segment.

Cause:

- speech
- self-control
- decision-making
- muscle control

Symptoms:

- having trouble focusing or concentrating on tasks
- being forgetful about completing tasks
- being easily distracted
- having difficulty sitting still
- interrupting people while they're talking