WHAT IS ADHD?

It stands for Attention-deficit and/or Hyperactivity Disorder. It is a neuro-developmental disorder which is usually diagnosed in childhood and can continue through adolescence and adulthood. Students with ADHD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with functioning or development.

Inattention, such as:
- being disorganized
- failing to follow or understand instructions
- having difficulty sustaining focus
- not paying attention to details

Hyperactivity, such as:
- being extreme restless and active
- displaying excessive fidgeting, tapping or talkativeness
- having excessive motor activity

Impulsivity, such as:
- being social intrusive
- interrupting others excessively
- making important decisions without consideration of long-term consequences
- not being able to delay gratification

TREATMENT, THERAPIES AND SUPPORTS

Medication - ADHD medications help reduce symptoms of hyperactivity and impulsivity, and improve functioning and concentration. The treatment must be closely monitored by the prescribed doctors to ensure understanding of the possible side effects during the treatment.

Psychotherapy - While many adults with ADHD improve once they start medication, they may continue to struggle with low self-value and inappropriate behaviors. Cognitive behavioral therapy is effective in improving social skills, setting helpful routines, reviewing time and stress management techniques and getting organized.

Support Network - Support network, including families, teachers, university staff and peers to help people with ADHD to live up their full potential and enjoy total campus life. Resources such as ADHD support groups and skill training are also available in the community.

WHAT DOES SEN MEAN?

A Special Educational Need (SEN) refers to an individual student’s learning needs while facing academic challenges and difficulties in adjustment to learning environments due to a disability or an impairment, that can be a temporary or permanent condition.

SUPPORT SERVICES AT HKUST

The SEN & Diversability Team (DA) of Counseling and Wellness Center is the primary contact with students who declare their SEN with the University. DA supports students from the very first step of the SEN declaration through completion of study at HKUST. DA officers meet with each declared student individually to map out a reasonable academic accommodation plan (aka IEP / Individualized Educational Plan) and to assess the needs for available resources and suitable support services.

The data collected will be handled with strict security and confidentiality and in compliance with the Personal Data (Privacy) Ordinance of Hong Kong. The below lists out some of the possible accommodations to address the special needs of students with ADHD:
- breaks in classes and/or during tests
- early access to syllabus and course materials
- extended time for tests and examinations
- library access service to provide the alternative format of course materials
- testing in a semi-private, quiet or separate place
DARE is a group of enthusiastic students who want to empower the HKUST campus community to positively impact the support to students with SEN. The role of the ambassadors is to cultivate a campus where everyone's diverse abilities are appreciated and where everyone feels accepted and nourished.

No matter how much you know about SEN, where you are from, and who you are, you can be a part of DARE if you want to contribute to campus inclusion!

(Special thanks to DARE for the great contribution to the production of this leaflet series!)

THINK POSITIVE

Individuals with ADHD often share these positive attributes:
- creativity
- compassion and empathy
- drive in their interests
- generating ideas quickly
- hyper-focus to accomplish long-term goals
- intuition and possessing insight into human nature
- problem-solving ability
- resiliency and being adaptive
- seeing things from multiple and unique perspectives
- sense of humor

CONTACT US

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