

This issue: “Returning to Learning”

Back to School and ADHD—what are real patients with ADHD talking about?

The time of year when summer is about to end signals the start of the fall routine, which involves school for millions of children, teens, and young adults—and their parents or caregivers. Factoring in ADHD to this time of transition can add another dimension to what it means to head **back to school**.



“ADHDers” are actively searching for answers around “**learning with ADHD**.”

The ADHD community is rich and resourceful, especially during key times throughout the year, like back to school, when parents and educators are looking for information and resources to support children, teens, and young adults with ADHD.

By observing thousands of websites, recent social media mentions, and Google search activity to see what bubbles to the top, we can paint an authentic picture of what is needed by, and meaningful to, real people living with ADHD.

A is for Accommodations

“**504 for ADHD**,” “**IEP goals for ADHD**,” and “**ADHD accommodations**” all rank in the topmost searches during back-to-school season.

504 plan

A **504 plan** is a blueprint for how the school will support a student with any disability, and remove barriers to learning.

IEP

An **IEP** is a written document that lays out special supports and services that a student diagnosed with a learning disability needs to thrive in school.

All pictures in this brochure are actor portrayals.

We hope you enjoy this issue. Happy reading!

-Your Editorial Team



➡ Check out the last page for additional resources!

What’s inside every issue...

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Hot topics: We explore trending, timely topics as we gear up for back to school



Hacks: People with ADHD share all kinds of tips and tricks to make learning with ADHD easier



Humor: The ADHD community is funny, sharing memes and poking fun at common ADHD struggles

A is for Accommodations

~10% of children in the US have been diagnosed with ADHD; many will need classroom accommodations

504/IEP Comparison*

Both are free legal documents designed to level the educational playing field

504 Plan	VS	IEP*
Entire life	Age covered	Until age 22 or the age at high school graduation, whichever comes first
Student has any disability that affects the ability to access curriculum	Eligibility	Student has learning disability in one of 13 categories that affects the ability to access curriculum
Not customized—student completes same curriculum as students without disabilities	Curriculum	An individualized plan that meets the needs of the student
Not eligible for additional services	Services	Eligible for additional services, eg, speech therapy
Parental permission to evaluate, but school can create plan without parental participation	Parental involvement	Parents are required to be part of the IEP team
Not required	Written plan	Required

~43% of students with ADHD have an IEP in place

*Schools across the country use the term IEP, but the rules may differ across different states, and by different school districts.

H is for Hacks & Humor



Hacks

The ADHD community is eager to help, sharing hacks to help make learning easier. TikTok in particular is full of tips and suggestions for learning at all education levels. It is also a place to share frustrations as well as coping techniques. Check out some of these hashtags:

#ADHDtiktok

#ADHD

#adhdparent

#studyhacks

#ADHDmom

#adhdeducation

#ADHDbrain

#adhdstudytips

#ADHDstudent

#learningwithADHD

#adhdsschool

#adhdstudyhacks

#studytok



Humor

Another strategy that can help when things seem to be challenging is humor—and there is plenty of it surrounding ADHD and learning!



D is for Destination

It is no secret that we live in a social media world, where people are going online to talk to and learn from each other, build communities, and search for answers. To help you navigate these various independent platforms, we've compiled the reference tables below.

							
MAU	3 billion MAU	541 million MAU	2.5 billion MAU	<350 million MAU	2 billion MAU	1.2 billion MAU	430 million MAU
Relevance to ADHD	A significant number of private groups focused on providing educational resources, support group information, and event announcements for individuals with ADHD and/or their parents/caregivers	Those with ADHD share personal stories with friends/family/employers and educators focused on overcoming ADHD challenges	Healthcare providers as well as those living with ADHD and caregivers share educational or "how to" content related to various ADHD topics	Professionals, educators, and students in higher education, or transitioning into the workforce, share content on managing ADHD in professional and educational settings, including career advice for individuals with ADHD	Those with ADHD use visual storytelling to share personal stories with friends/family/employers/educators focused on overcoming ADHD challenges	Individuals with ADHD, caregivers, and healthcare providers share engaging videos featuring educational tips, personal experiences, and humor related to learning with ADHD	Deep discussions, advice exchanges, personal anecdotes, and support in subcommunities focused on ADHD

Abbreviation: MAU, monthly active users.

D is for Discussions

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Discussion

The following post from Facebook, "Cookie cutter school system not working for ADHD kids," is likely a key reason for the **135%** rise in searches related to learning with ADHD in the past 5 years. Take a look at the topics that are trending—and that a sizable number of people are talking about!

						
#ADHDEducation 7.1K posts	#ADHDEducation 12.4K tweets	#ADHDEducation 1.9M views	#ADHDEducation 3.2K posts	#ADHDEducation 154K posts	#ADHDStudents 12.4M views	r/ADHDEducation 12.4K members
#ADHDStudents 5.3 K posts	#ADHDStudents 8.7K tweets	#ADHDStudyTips 1.3M views	#ADHDStudents 2.1K posts	#ADHDStudents 112K posts	#ADHDLearning 8.7M views	r/ADHDStudents 8.7K members
#ADHDLearning 4.1K posts	#ADHDLearning 6.2K tweets	#ADHDLearning Strategies 809K views	#ADHDLearning Strategies 1.6K posts	#ADHDLearning 89K posts	#ADHDStudyTips 6.2M views	r/ADHDLearning 6.2K members
#ADHDIEPs 3.2K posts	#ADHD Accommodations 4.9K tweets	#ADHD Accommodations 670K views	#ADHD Accommodations 1.2K posts	#ADHD Accommodations 72K posts	#ADHDClassroom 4.9M views	r/ADHD Accommodations 4.9K members
#ADHDClassroom 2.6K posts	#ADHDStudyTips 3.8K tweets	#ADHDStudents 504K views	#ADHDTeaching 890 posts	#ADHDIEPs 61K posts	#ADHDEducation 3.8M views	r/ADHDIEPs 3.8K members



**“Returning to Learning” with ADHD...
we hope it was a good read!**

ALL ABOUT



Closing thoughts

ADHDers can be filled with brilliant sparks and are often resilient at heart! Rely on the community for inspiration and keep pushing forward!



Discover more...



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more real ADHD
stories.**



**Scan here if you're
ready to consider a
treatment option!**



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