

Supporting our ADHD stu... Squirrel!

RYAN COLLINS - KENTON CITY SCHOOLS

17 Wed, February 14, 2024
2:15pm - 3:15pm
B144/145



Hi!

Director of Technology

Kenton City Schools

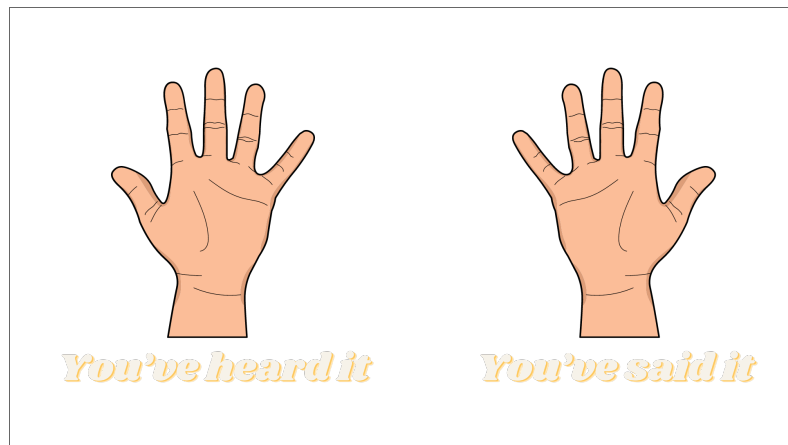
Blog is at educ8.me



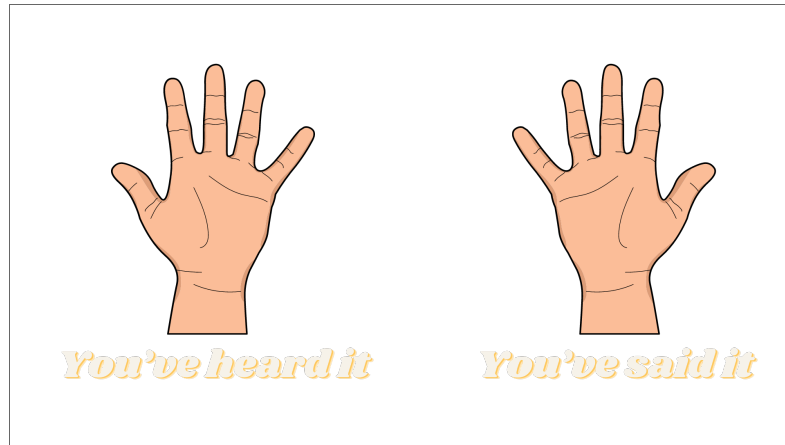
Today's agenda



What is ADHD?



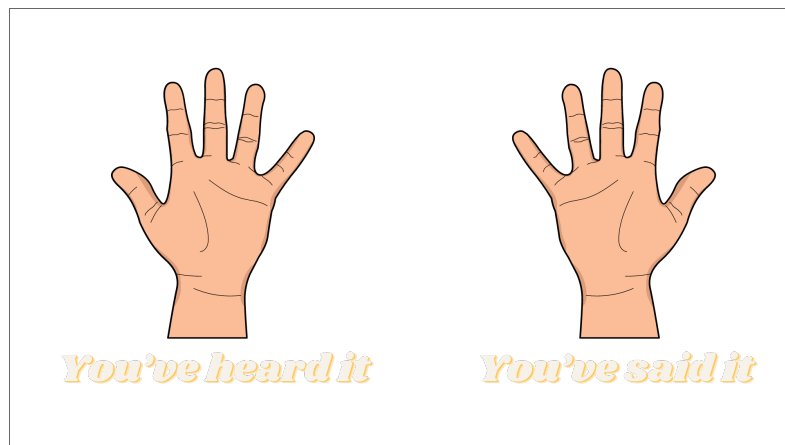
What is ADHD?



1. IF YOU ONLY TRIED HARDER... WHAT IS YOUR JOB RIGHT NOW?



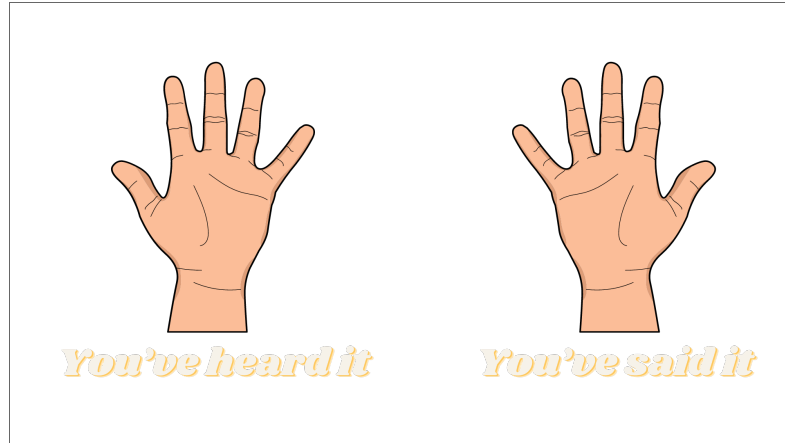
What is ADHD?



2. IF YOU STOPPED MAKING CARELESS MISTAKES.. DID YOU KNOW YOU WERE SUPPOSED TO DO THAT?



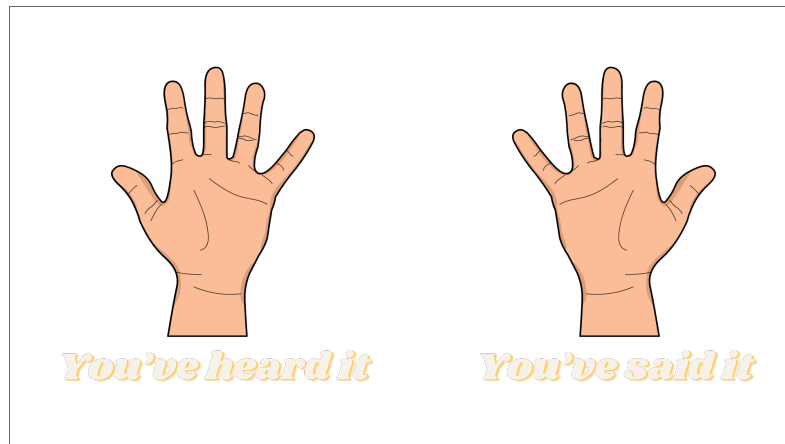
What is ADHD?



3. HOW MANY TIMES DO I HAVE TO TELL YOU... DID I GIVE THAT DIRECTION ALREADY?



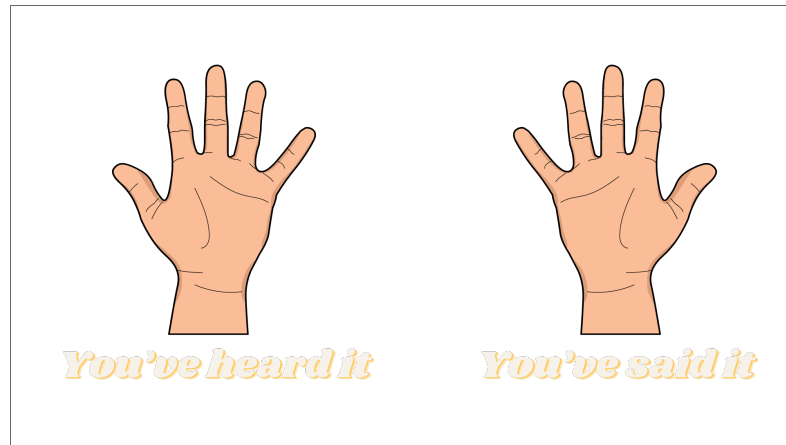
What is ADHD?



4. WHY CAN'T YOU REMEMBER YOUR HOMEWORK? YOU'RE FORGETTING YOUR HOMEWORK A LOT, LET'S FIGURE OUT WHAT WE CAN DO.



What is ADHD?



5. YOU'RE SMART, YOU SHOULD BE DOING BETTER. ARE YOU DOING YOUR BEST WORK?



Neurotypical vs Neurodiversity



"The extreme always seems to make an impression"



"EXCELLENCE IS THE RESULT OF CARING MORE THAN OTHERS THINK IS WISE, RISKING MORE THAN OTHERS THINK IS SAFE, DREAMING MORE THAN OTHERS THINK IS PRACTICAL, AND EXPECTING MORE THAN OTHERS THINK IS POSSIBLE."



The road to acceptance



Diagnosed with ADHD



An ADHDer isn't always bouncing off the walls





Potential?



Why having ADHD is awesome

- Enthusiasm
- Willingness to take risks
 - Resilient
- Sense of humor
 - Generous
 - Creative
 - Forgiving
- Hyperfocus
- Full of surprises



Executive Function



Fixing motivation



Trying to start is just... terrible



Eating the frog doesn't work



How do ADHDers get things done



ADHDers are great in a crisis





Easily distracted





Hyperfocus

When you've waited until the night before a project is due so you can guarantee hyperfocus

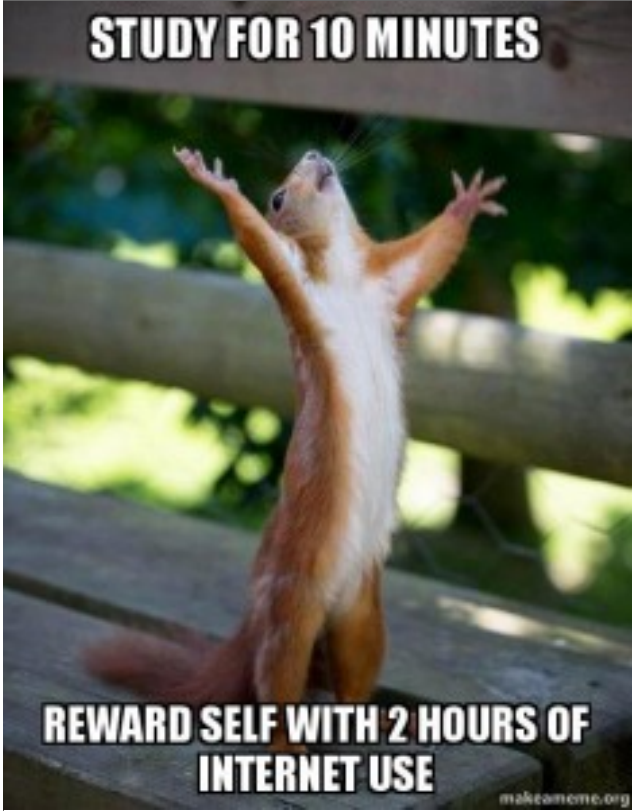


Perfectionism



Pomodoro Technique





Working memory





Behrad
@adhdmemetherapy



ADHD brain: "memory successfully saved."

Me: "where exactly?"

ADHD brain:

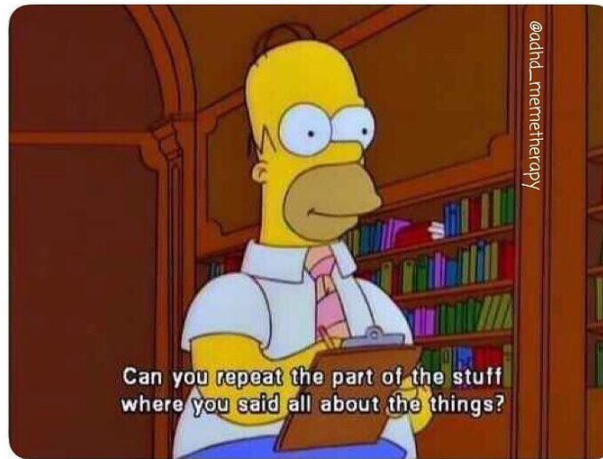


Interrupting



Delayed processing

When my ADHD gives me a hard time remembering what someone just said to me:



Boredom



Obsidian Advanced Slides

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Projects / Presentations / 2024 / OETC24 / adhd-presentation

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## Supporting our ADHD stu... Squirrel!
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Ryan Collins - Kenton City Schools
📅 Wednesday, February 15, 2023
🕒 9:15 AM - 10:15 AM
📍 C162A/C162B
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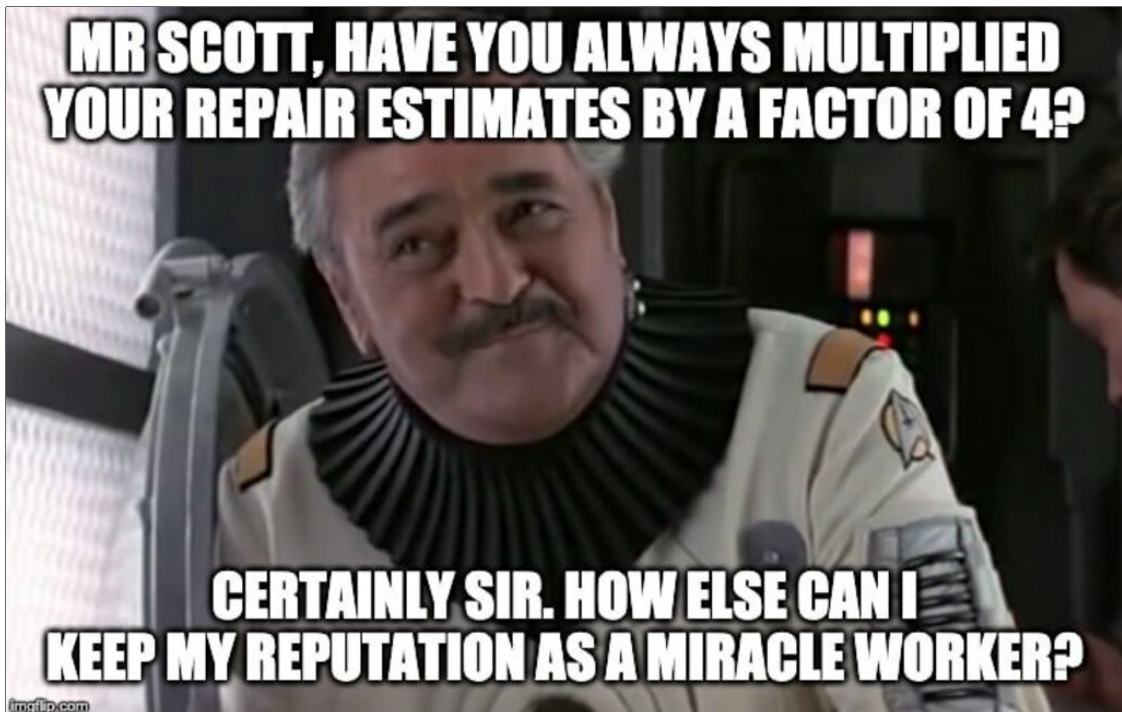
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# Hi!
## Director of Technology -
Kenton City Schools
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Getting outside



Time blindness



How to ADHD

The screenshot shows the YouTube channel page for 'How to ADHD'. At the top, there is a blue banner with the channel's logo, which consists of a brain icon with 'HOW TO' above it and 'ADHD' below it. Below the banner is the channel name 'How to ADHD' and a profile picture of a woman. The page is divided into several sections: a 'Home' section with a video titled 'My Channel was a Bit Ablest When I Started', a 'For You' section with a row of video thumbnails including 'SMART GOALS ARE NOT ALWAYS SMART', 'ADHD-FRIENDLY HOUSE HACKS', and 'TOP 5 ADHD STRATEGIES', a 'The Complete Collection | How to ADHD' section with a 'Play all' button, and a 'Motivation | How to ADHD' section with a 'Play all' button. Each video thumbnail includes a title, a view count, and an upload date.

