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ADD And College Students – How Does It Affect Them?

By Sarah K. Jenkins

Unfortunately, Attention Deficit Disorder does not necessarily fade with age. Many people that suffer as a child will continue to suffer as a teen, as well as into adulthood. However, this disorder may affect people differently at different stages in their life.

College can be a difficult time for some students. For many, this represents a time of breaking free and starting their new uninhibited lives. This may be an exciting and emotional time. How does a college student with ADD face such a time?

For a person with Attention Deficit Disorder, this may prove to be a harsh time of transformation. Typically coming from families that were especially doting and accommodating to their situation, they are thrown in to a new environment to fend for themselves. One of the basic behavior modification techniques in training an ADD child is through structure, routine, and habit. At once, all of this is taken and it becomes the student's responsibility to recreate this structured life they once had. Of course, a person with ADD is typically disorganized and unstructured. So, they may have a difficult time having the discipline to enact such stringent requirements for themselves.

Another aspect to consider is the increased difficulty in the academic load in college as compared to high school and the additional responsibility put on the students. Not only will the student be responsible for their own organization and structure, they will do so under more stress and academic pressure. This increasingly more difficult schoolwork is not made easier by the student's general inattentive nature, distractibility, and impulsiveness. The very core of ADD makes college more difficult. With any luck, the student has spent enough time over the last few years regulating their own behavior that they will easily be able to in this new environment.

For the most part, the same steps should be taken in college to deal with ADD as was necessary in high school and other grades. To be effective, a student should carry some type of organizational calendaring system or digital organizer. In college, they do not hold the students' hands like they do in high school - once an assignment is made, it is expected to be turned in on time, without reminders. Therefore, it becomes imperative to keep up with deadlines and dates. Students should also create structure and organization in their dorm or apartment and utilize the same skills they have been

developing for years.

Sarah is an acclaimed writer on medical matters, and has written extensively on the subjects of Attention Deficit Disorder, Bird Flu and Cohn's Disease. For more of her articles, go to

<http://www.imedicalvillage.com>

now.

The Benefits Of Taking A College Course Online

By Tawee Subsomboon

There are many reasons why you might want to consider taking a college course online. By far the greatest advantage of taking a college course online is convenience. You can take a college course online from anywhere that has an internet connection. These days, with many wireless notebooks you can connect to the internet from almost anywhere which makes taking an online college course even more accessible. No more sitting in classes or being cooped up indoors. You can access your college course online from anywhere you want to.

Many people don't think that they can find the time to fit in getting a college qualification with their other commitments. Taking a college course online can be the answer to this problem. You don't have the same fixed schedule to attend classes when you take a college course online. You get to study at your own pace and at a time that suits you. It doesn't matter if you want to do all of your college work in the evenings or at weekends, with a college course online you can do exactly what you want.

Many of the institutes that offer a college course online do not set any time limits for you to complete the course in. This means that you can take as long as you need. If you find that you are unable to study for a few days, weeks or even months there is no problem when you are studying your college course online. You simply start studying again whenever you are ready.

Another benefit of taking a college course online is that a large number of them do not have a formal exam that you have to sit at the end of it. Many of the courses are awarded based on the marks gained in assignments throughout the course. However, if the particular course that you want to take does require that you take a supervised exam to qualify then you will be offered a time and place to suit you.

There are no age limits for people who want to take a college course online. This is ideal for more mature students who don't relish the thought of going back to college and being surrounded by students who are half their age. So if you are 18 or 80 you can take a college course online and obtain the qualification that you have always wanted. You are allocated a personal tutor who is available to help you with questions and help you work through your assignments and will mark your college course online or by post if you prefer. Some courses also have facilities for students to chat to others taking the college course online to exchange ideas and offer support.

Tawee Subsomboon writes extensively on online education for anyone wanting to further their

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education, His knowledge and invaluable resources fill his comprehensive website with information, resources links and advice.

<http://www.onlinecollege4u.com>



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