



Are you about to graduate from high school and consider yourself a **neurodivergent student**?

This information is for you!

Attention Deficit with Hyperactivity

Neurodiversity is an umbrella term which includes conditions such as: dyspraxia, dyslexia, dyscalculia, attention deficit with hyperactivity, Tourette's Syndrome and autism spectrum, currently considered as forms of human diversity that require the adoption of alternative perspectives to promote inclusion and exploit creative potential (Clouder *et al.*, 2020).

Attention Deficit with Hyperactivity (ADHD) is a condition that affects people's attention and self-control, causing difficulties in staying focused, attending to directions, and controlling impulsive behaviors such as continuous movement.

Some signs for you to recognize if a person has attention deficit with hiperactivity are (Rosen, n/d):

- Being restless and tapping their feet.
- Looking frustrated or impatient when others are idle.
- Having difficulty staying in the same place when doing homework.
- Interrupting conversations or not listening when people are talking.
- Constantly talking without noticing what is going on and how people are reacting.
- Constantly touching or handling things in stores or people's homes.
- Staying up late at night (and looking exhausted during the day).
- Having difficulty listening and paying attention.
- Needing lots of reminders to get things done.
- Being disorganized and constantly losing things.

Some suggestions to facilitate your academic journey are:

- Establish good communication with your parent(s) and share with them what college environment you would like to be in.
- Explore the University's website and identify the types of services and programs for neurodivergent individuals.
- Identify the support networks that the institution can provide to accompany and support you in your academic difficulties.
- Recognize your competencies and their compatibility with the career of your interest.

Neurodivergent students, including those with attention deficit, think and learn differently, so they require the use of differential and inclusive educational strategies, in addition to entering areas of knowledge with similar schemes to their ways of thinking.

Clouder L.; Karakus M.; Cinotti, A.; Ferreyra, M. V.; Fierros, G. A.; Rojo, P. (2020). Neurodiversity in higher education: a narrative synthesis. *Higher Education* 80(3): 757–778.

Rosen, P. (s/f). *Hiperactividad en adolescentes con TDAH: Cómo luce*. Retrieved on June 29th, 2021.

Available at: <https://www.understood.org/articles/es-mx/hyperactivity-in-teens>

Some areas of study recommended for students with attention deficit are:

Areas and Majors

Areas	Major
Business and Administration	Public Accountant Bachelor in Administration Bachelor in Public Administration and Political Science Bachelor in Customs Bachelor in Foreign Trade Bachelor in Finance Bachelor in Digital Business Management Bachelor in Marine and Port Resources Management Bachelor in Tourism Management Bachelor in Marketing Bachelor in International Business Bachelor in Advertising and Public Relations
Agronomy and Veterinary	Agricultural Engineer Veterinary Zootechnician
Arts and Humanities	Bachelor in Visual Arts Bachelor in Scenic Dance Bachelor in Graphic Design Bachelor in Industrial Design Bachelor in Philosophy Bachelor in Hispanic American Literature Bachelor in Linguistics Bachelor in Music
Health Sciences	Bachelor in Nutrition
Natural Sciences, Mathematics, and Statistics	Bachelor in Biology Bachelor in Disaster Risk Reduction and Management Bachelor in Physics Bachelor in Mathematics Bachelor in Oceanology Pharmaceutical Chemistry and Biology
Social Sciences and Law	Bachelor in Communication Bachelor in Law Bachelor in Economics Bachelor in Journalism Bachelor in Psychology Bachelor in International Relations Bachelor in Social Work
Education	Bachelor in Special Education Bachelor in Physical Education and Sports Bachelor in Mathematics Teaching Bachelor in Language Teaching Bachelor in Pedagogy
Engineering, Manufacturing, and Construction	Architecture Mechatronics Engineering Electronic Systems and Telecommunications Engineering Electronic Technologies Engineering Oceanic Engineering Civil Engineering Mechanical and Electrical Engineer Food Chemical Engineer Metallurgical Chemical Engineer Geomatics Surveyor Engineer
Information and Communication Technologies	Internet Technologies Engineering Software Engineering Intelligent Computing Engineering
Services	Bachelor in Gastronomy

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