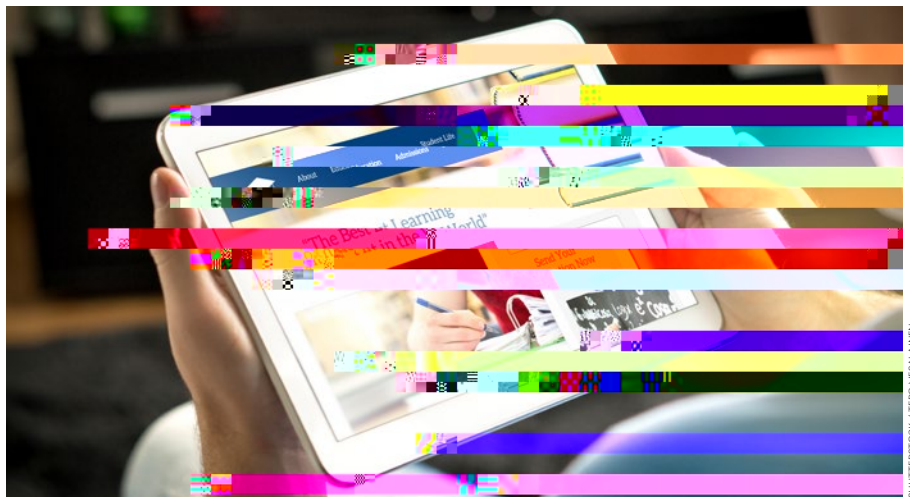


# Selecting and Applying to Colleges for Students with ADHD

## I have ADHD. Should I go to college?

If you're thinking about going to college, know that you're not alone: as many as 5 of every 100 students entering college have ADHD, and having ADHD doesn't stop you from making college a success. But before beginning the application process, take some time to think about whether a traditional four-year college is the best option to help you meet your personal and professional goals. Consider your options, particularly if you are not sure whether you are ready for that next step. Many students with or without ADHD who are finishing high school decide to:

- Apply for a job and enter the workforce
- Take a "gap year" to volunteer and explore their personal and professional interests
- Take technical or training courses to get specialized skills
- Enroll in a program at a community college before moving on to a four-year college
- Take time out to work on self-determination and self-management skills that will help prepare them for the increased academic demands of college
- A support system including family and professionals who specialize in teen and young adult ADHD can help you sort through the options as you think about your next step in life.



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## How do I find a college that is a fit for someone with ADHD?

You can find information about colleges and universities in guides that are written specifically for prospective college students with ADHD and/or learning disabilities. These guides give an overview of available services at schools throughout the country. Useful resources include:

[Peterson's Colleges for Students with Learning Disabilities or AD/HD, 8th edition.](#)

[The K&W Guide to Colleges for Students with Learning Differences.](#) Information on admissions and support services for over 330 schools can be found in this guide for students, parents and professionals.

[CollegeWebLD.](#) This online database provides information on the disability support services of over

500 colleges and universities in the United States.

[Understood.](#) This website provides information and advice including topics such as options after high school for students with learning and attention issues.

[HEATH Resource Center.](#) The HEATH Resource Center at George Washington University is the national center for information on post-secondary education (all schooling after high school) for individuals with disabilities.



For further information, please  
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