

Resources and Tips for Students with ADHD/LD

This handout provides a list of helpful resources on campus that can be use to support your success at UNC. The first page explains the necessary steps, and some tips, for receiving accommodations. The second page provides a helpful table of university resources. Click the hyperlinks associated with each resource to learn more!

How do I get my accommodations?

In high school, you may have received accommodations through a Section 504 Plan, or an Individualized Education Plan (IEP). Most often, high schools are responsible for contacting students and parents, scheduling meetings, and making sure you get the accommodations you may need. In college, YOU are responsible for initiating the set up of your accommodations. You do this by registering with the Office of Accessibility Resources and Service ([ARS](#)). accessibility@unc.edu /phone: 919-962-8300

Tips for [registering with ARS](#):

- Don't wait! The registration process with ARS typically takes at least 10 business days, so you'll want to begin with ARS as soon as possible, and ideally before classes start. This will ensure that you may take full advantage of whatever accommodations you may receive.
- When registering, provide updated and current documentation of your disability, and previous accommodations that have been effective for you. This could include documentation from your doctor, or the most recent copy of your IEP or 504 plan.
- Individual documents (e.g. IEP, 504 Plan, diagnosis) may not be sufficient for eligibility for accommodations, so try and get as much information as possible to demonstrate the presence of your disability, and why you may need accommodations.
- When completing the [intake form](#), be sure to include a clear description of how your disability impacts your academic functioning, what accommodations have helped in the past, and why (e.g., how have they helped you academically? What is your performance/school like without certain accommodations?)
- Consider keeping your parents in the loop. As a college student, it is your responsibility to register with ARS. However, it can be helpful to talk with your parents about what you may say, and how you may explain the impact of your disability. Considering your parent may likely have been involved in your IEP or 504 Plan, they may also be able to help answer questions you have about available documentation.
- Ask for Help! The ARS staff will help guide you through the process, and are there to assist with any questions you may have about registering.
- You can also make an [appointment](#) with an academic coach or an LD/ADHD specialist at **the Learning Center (LC)** to help you work through the process (we're located in the same building!)

Helpful Campus Resources



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LC: Academic Coaching	Collaborate individually with an academic coach to develop and achieve your personal goals. Sessions commonly address efficient work completion, planning, time-management, organization, reading, study strategies, and a balanced college life! Learn more or schedule an appointment
LC: Screening Appointments	Meet with an ADHD/LD Specialist if you are wondering if you might have ADHD and/or LD and to learn how to get evaluated. Schedule an appointment
LC: Study and coaching groups	The Learning Center offers ongoing study groups for math and science, as well as academic multi-session coaching groups where you can optimize your academic experience with fellow students. Sign up for a group today!
LC: Workshops	Attend a workshop to learn effective skills and strategies for things like smart studying, managing time, reading, and making or break habits. Register for an upcoming workshop.
LC: Peer Tutoring	Check out peer tutoring to get some FREE extra help in some of your tough classes. No need to make an appointment, just stop by!
Writing Center	One-stop shop for all of your writing needs. Meet with a writing coach for assistance with any aspect of the writing process. This can be particularly helpful for planning out and completing long papers. Learn more or schedule an appointment
Accessibility Resources and Services	Register with ARS to potentially receive accommodations. Register today
Counseling and Psychological Services (CAPS)	Receive information, resources, and individual and group supports for managing stress or assistance in setting up community-based supports for ongoing counseling needs. Learn more here!
Campus Health Services	Visit health services for any health/medical need, including assistance with filling your medication. https://campushealth.unc.edu/
Academic Advising	Make an appointment, drop in, or chat online with an academic advisor to help with choosing classes, registration, and planning out your academic path to graduation. http://advising.unc.edu/
Help Centers	UNC offers multiple help centers on campus where you can stop by to get some extra support in subjects such as math, biology, chemistry, or physics.
Office Hours	<i>Teaching Assistants:</i> Can help clarify course expectations and requirements; may be less intimidating than meeting with your professor.



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	<i>Professors:</i> Shows your commitment the course; can help with tips for mastering the course assignments/exams, and clarify course questions.
Study Spaces	Find different types of study locations throughout campus (absolutely quiet, reservable, individual or group, large table, standup desks, etc.). Check out all of the places to study to find the right study spot for you.



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