UMD SUCCEEDS ADHD PROGRAM

Fall 2023 Newsletter

Students **U**nderstanding **C**ollege **C**hoices
Encouraging & **E**xecuting **D**ecisions for **S**uccess
Department of Psychology
University of Maryland, College Park

Fall '23 Letter from our Co-Director

Dear Students, Parents, Staff, and Faculty,

As we step into the new academic year with great enthusiasm, it is a pleasure to extend a warm welcome to each of you. With the Fall semester of '23 underway, we are embarking on a journey filled with promise and commitment to supporting our college community of neurodivergent students.

As many of you know, SUCCEEDS is a program uniquely dedicated to empowering undergraduate students with ADHD to excel academically, build on their individual strengths, and embrace their neurodiversity with pride. Our vision is to create an inclusive and nurturing environment where all students can thrive, unlock their potential, and build fulfilling paths to success.

To our returning students: Welcome back! Your perseverance and determination inspire us every day. We are thrilled to continue supporting you on your journey and are excited to witness your continued growth and accomplishments.

To our new students: A heartfelt welcome! We are honored that you have chosen to join the SUCCEEDS family. You bring with you fresh perspectives, untapped potential, and a world of possibilities.

This academic year, our focus remains on fostering a strong sense of community and providing tailored support for each participant. Our collaborative approach empowers you to develop essential skills, including time management, emotional regulation, planning, sleep hygiene, self-advocacy, study habits, and academic problem-solving.

We want to assure our students and their parents that our commitment to fostering an environment of empathy and understanding is unwavering. As we collectively navigate the challenges of college life, know that we stand beside you, offering guidance and encouragement every step of the way.

To our esteemed college staff and faculty, we extend our gratitude for your continuous support and partnership in championing the academic success and well-being of our neurodivergent students. Your dedication to inclusive learning environments is instrumental in shaping a brighter future for all.

As we embark on this journey together, we encourage you to embrace your uniqueness and seize opportunities for growth.

I invite you to join us in making this academic year one of inspiration and achievement. Together, we shall build an inclusive community where our neurodivergent students can thrive.

Warm regards,

Erin R. Jones, PhD, LP
Co-Director, SUCCEEDS ADHD Program

Meet Our Staff!

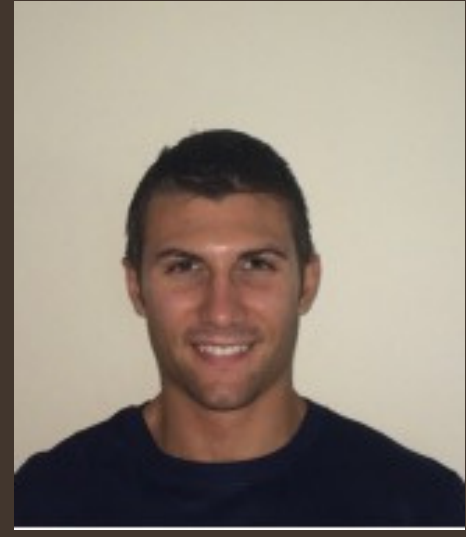**Andrea Chronis-Tuscano, Ph.D.**
Co-director, Co-founder

Erin Jones, Ph.D.
Co-director

Hong Bui, M.S.
-Coach
Clinical Psychology PhD Program

Sophia Frontale, M.P.S.
-Clinic assistant

Nick Marsh, M.S.
-Coach
-Clinical Psychology PhD Program

Daria Taubin, B.A.
-Coach
-Clinical Psychology PhD Program

Laura Kelly, B.S.
-Coach
-School Psychology PhD Program

Diksha Bali M.Ed.
-Coach
-School Psychology PhD Program

Abby Flower, B.S.
-Coach
-Clinical Psychological Science M.P.S. Program

AJ Matteis, B.A.
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Sophia Shaw, B.S.
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Geetha Weerakoon, B.S.
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Charity Majusiak, B.A.
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Chad Zillioux, B.A.
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-Clinical Psychological Science M.P.S. Program

Ramona Sanghvi, B.A.
Coach
-Clinical Psychological Science M.P.S. Program

Noa Hassidi, B.A.
Coach
-Clinical Psychological Science M.P.S. Program

SUCCEEDS Staff Picks

How to ADHD - YouTube Channel

Succeeding in College with ADHD -ADDitude Magazine

Notability - Note-taking app

Fidgetland - Fidget of the month

Kurzweil 3000 - Audio/visual reading support software - accessible through UMD ADS

Forest Timer App - A great tool to keep you off your phone

meeting new students at the resource fair!

a couple of our coaches enjoying the weather!

Summer Resource Fairs

This Summer, SUCCEEDS helped to welcome new terps during freshman orientation resource fairs. We had many inspiring conversations that spread the word about college ADHD across campus and the community. We also provided tips and strategies for a successful college transition.

SUCCEEDS Tips for a Strong Start

1. **Organize Your Space and Schedule:** Designate a clutter-free study space and use apps to manage tasks.
2. **Utilize Campus Resources:** Make the most of tutoring, the writing center, and counseling services offered by UMD.
3. **Create a Routine that Works:** Establish a daily schedule that includes study time, classes, exercise, and relaxation.
4. **Use Effective Study Strategies:** Try active learning like summarizing or teaching material. Take short breaks to stay sharp.
5. **Prioritize Self-Care:** Get enough sleep, eat well, and stay active to help manage ADHD symptoms. Practice deep breathing to reduce stress.

College ADHD: Helpful Resources

UNC Chapel Hill: *Study Tips and Tools*

UMD Clinical Psychology Clinic: Affordable Therapy

UMD Counseling Center: ADHD Services

UMD Wellness Workshops

UMD Tutoring Services

UMD Guided Study Sessions

UMD Writing Center

Fall '23: Local Mental Health Events

- Sept. 9th: Youth Mental Health Summit
- Sept. 29th: Black Maternal Mental Health Forum
- Nov. 1st: Global Mental Health Conference Workshops--(Psych Grad Students!)
- Oct. 7th: CHADD ADHD Resource Fair
- Nov. 30th-Dec 2nd: International Conference on ADHD 2023

ADHD and Gaming Spotlight

Research suggests that young adults with video game addiction have poorer academic performance, a harder time finding employment, and more interpersonal problems due to frequent internet socializing and minimal in-person interactions. People with ADHD are particularly vulnerable to digital games due to difficulties with impulsivity, disinhibition, and attention. Video games provide the instant gratification and increased stimulation that many individuals with ADHD crave. Additionally, the rapidly changing screens of digital games do not tax working memory to the same degree as many classic activities, like puzzles or sports. Despite these challenges, gaming is not without its benefits. It can improve hand-eye coordination, provide opportunities for competition, and offer a chance to meet like-minded individuals. Boundaries and balance are key.

Tips to create healthy gaming habits:

- Take inventory of gaming's effects on your productivity, daily habits and self-esteem.
- Set small, manageable goals to reduce time spent gaming.
- Turn off game notifications that are problematic, especially during work periods.
- Install productivity apps, like StayFocused, AppBlock, or Freedom.
- Practice mood monitoring before and after playing a video game. Decrease use of specific games that impact your mood poorly.
- Reward yourself for time spent on activities other than gaming.
- Unplug from tech completely when possible.

For more information, check out these articles!

ADHD and Video games   Video Game Addiction scholary article   ADHD and Screens

Mental Health Awareness Week

- UMD is holding its annual Mental Health Awareness Week from October 1st- 7th!
- Stop by our booth at the UMD Self-Care Fair on the 6th!

ADHD Awareness Month

October is ADHD Awareness Month! Check out this website for ideas on how YOU can celebrate and spread awareness

Other events this fall at UMD

UMD Weekly Wellness Workshops, addressing:
Coping Skills
Academic Success
Relationships and Communication
Resilience and Adaptability

Follow us on social media!

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Have comments or questions for us? Reach out to us at succeeds@umd.edu or scan here to reach our website!