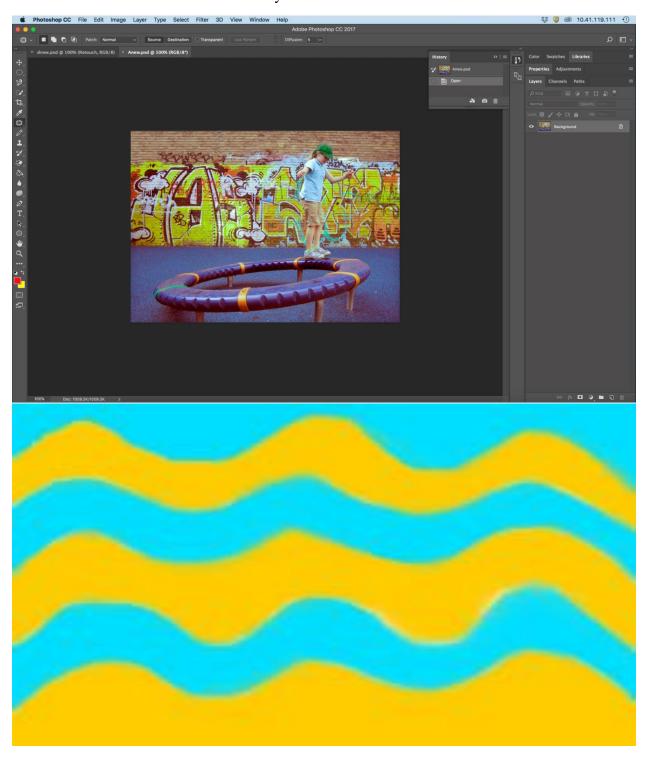
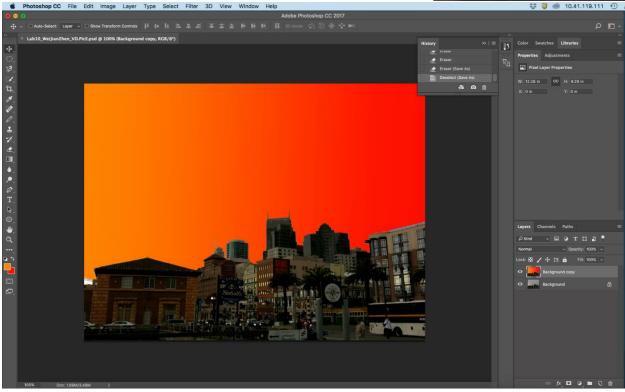
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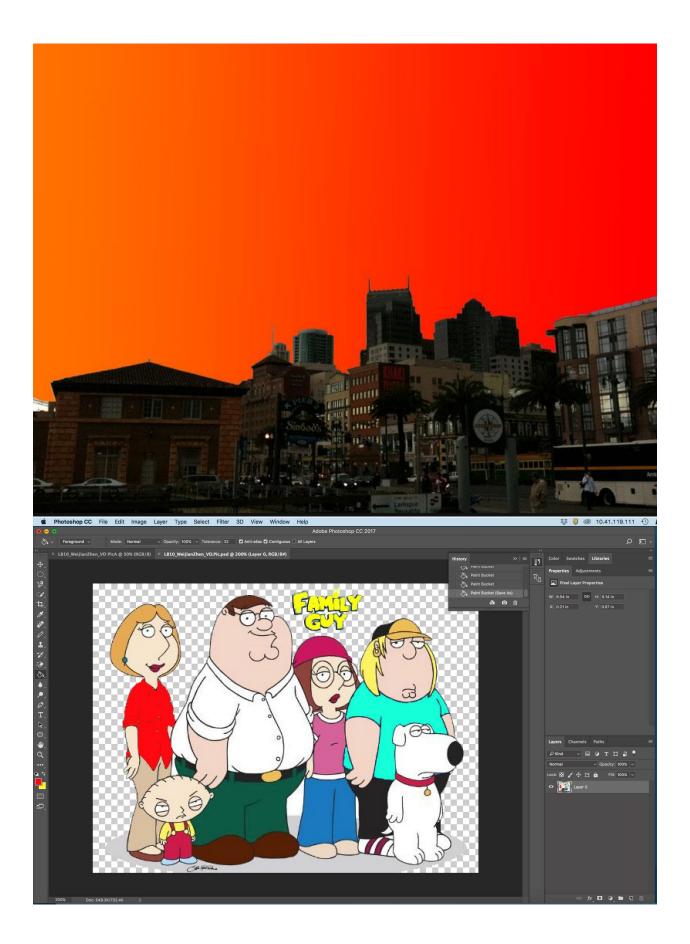
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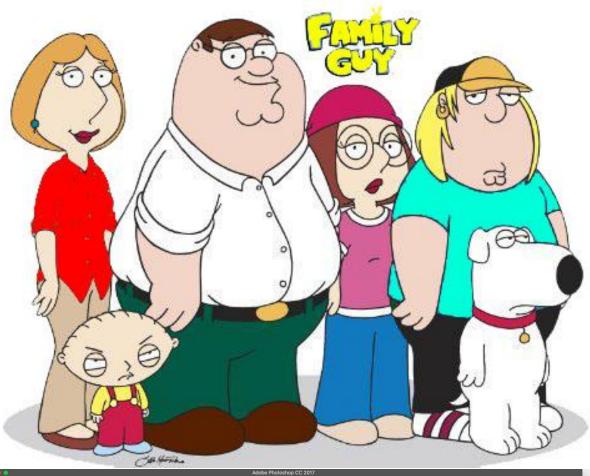




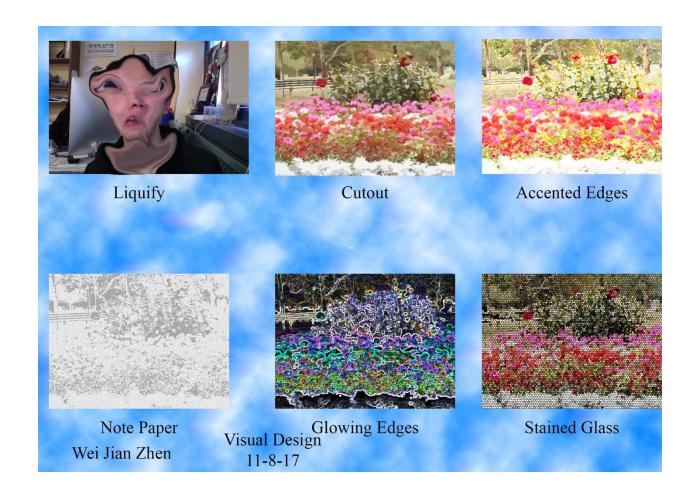






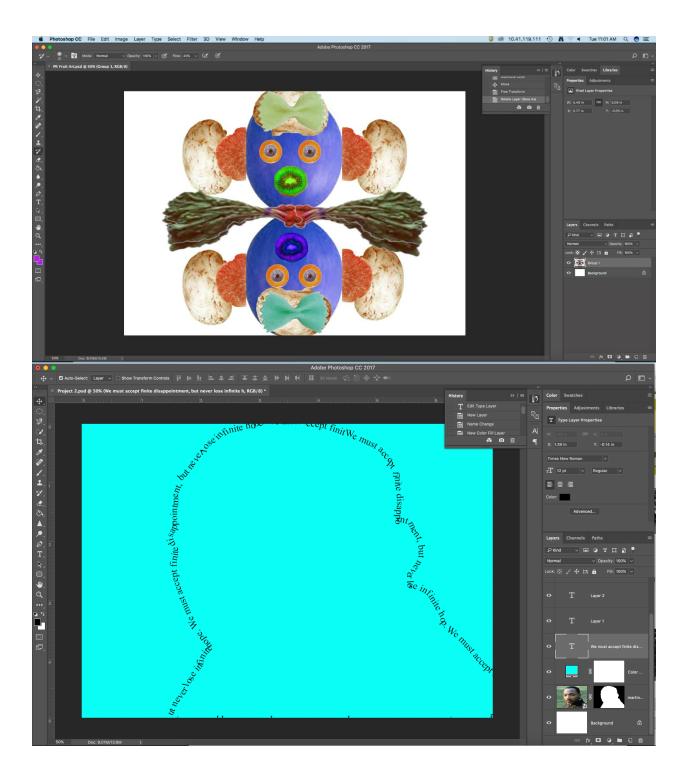








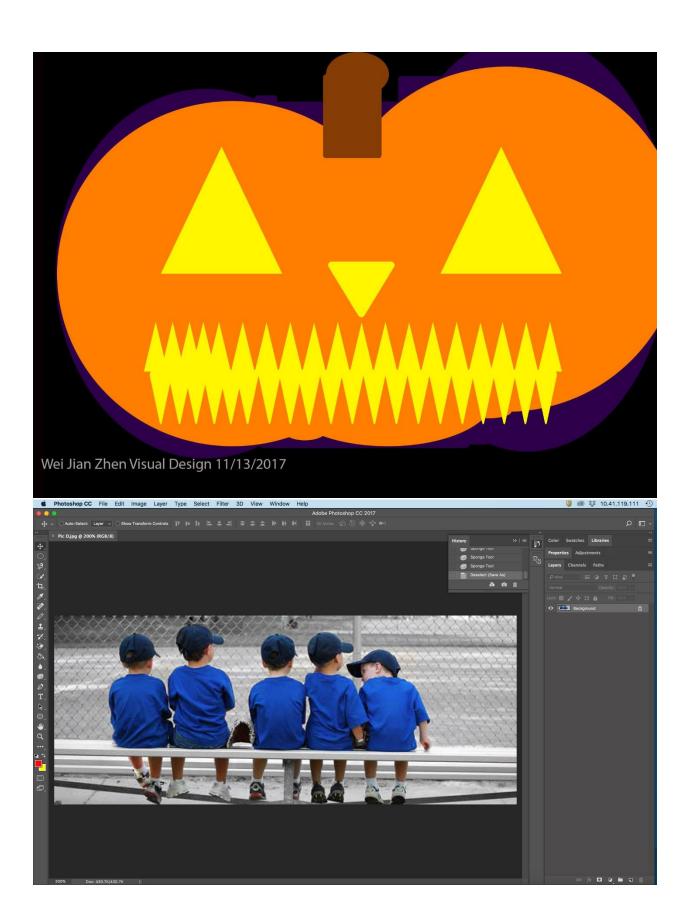






























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Peace and Unity



By: Wei Jian Zhen

ADHD

One of the first things the teacher tells you in class is to sit down quietly in you seats and pay attention to the lesson/board. Well a significant number of human beings including students find it difficult or can't stay still and follow the teacher's instructions who have something called ADHD. ADHD stands for attention-deficit hyperactive disorder. It is a behavioral condition that causes a person with ADHD to have symptoms of hyperactive impulsivity and continuous inattention. More than 3 million people have reported cases of ADHD which makes this brain disorder a very common occurrence throughout the world. The ADHD symptoms however are distinct from gender to gender. The behavioral condition has a significant number of risk factors with some still unknown and can be treated with clinical/parental treatment.

The symptom of hyperactive-impulsivity from ADHD can be troubling to many parents, friends, strangers, and to the patient itself. If the patient has hyperactive-impulsivity, he or she may exhibit fidgeting and squirming in their seats. However that's

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not all though. ADHD people may furthermore leave their seats when expected to sit, be constantly in motion, incapable of engaging or playing their hobbies quietly, talk nonstop, the need to climb thing/ explore or feel restlessness, interrupt or intrude other people's conversations and activities, blurt out answers or statements before a question has been completed, finish other people's sentences, impulsively speak without waiting a turn to speak, and being impatient usually when waiting for his or her turn or when waiting in line. Now because of these symptoms, ADHD people find it difficult to perform tasks that require the person to stay in one spot and be attentive in their

"Now because of these symptoms, ADHD people find it difficult to perform tasks that require the person to stay in one spot and be attentive in their activities."

activities. This need for activity and energetic behavior could be a hassle to parents and leadership occupations who want the ADHD person to stay still and focused so that they can be more productive in their life or find it plain annoying. Peers may be alienated by the person's hyperactive-impulsivity that it causes a decline in social activities between the person with ADHD and his or her peers. An article "What ADHD Feels Like to Me" by Kerri MacKay lines 1-3 describes what it is like to be a person with ADHD which says, "There are no windows and my gaze drifts toward the orange door of my classroom. My foot bounces up and down, and my attention pings around during the lecture. My professor is speaking just a few feet away, but he fades in

and out of my focus." This glimpse from Ms. MacKay's ADHD and her story offers intriguing insight about the symptoms of ADHD that could benefit the comprehension of attention-deficit hyperactive disorder. Another symptom of

ADHD is inattention which impairs an ADHD person's ability of focus. Inattention causes a person to have trouble sustaining attention in play or tasks, miss or overlook details, make careless mistakes, fail to finish assigned tasks, get easily sidetracked, not follow instructions, not seem to listen attentively when directly spoken to, being constantly disorganized, lose their necessary things for the task or job at hand, dislike or avoid substantially mentally draining assignments that require their effort, be forgetful in daily activities such as walking the dog, and/or be easily distracted by unrelated stimuli or thoughts. Now with symptoms like these, ADHD people usually have to figure out a way to be more productive in a work environment. An article called "Alexander's ADD/ADHD Story" from Alexander written by the company "Living With ADD" paragraph 4 lines 21-23 states, Truth be told, I needed to be doing more than one thing with a lot of variety to keep me interested. Unfortunately, keeping focused on each of these major tasks was a problem. My problem was structure." Inattention like Alexander's story gives more insight to what it is like to ADHD. The constant need for stimuli so that the person would not be bored is what an ADHD person feels like when trying go through their day to day life. Always looking to find things that interest them to spice their life up in a positive way!

ADHD symptoms do differ