



ADHD Identified in a College Student Struggling to Stay Enrolled

Patient: Male, 21

Referral Question:

Academic decline and poor focus in university

Background:

The student self-referred for neuropsychological evaluation after failing two semesters at college. He'd never been tested before, but suspected ADHD based on his longstanding difficulty focusing in school. Minder completed his intake, testing, and feedback within 3 weeks.

Findings:

Results revealed weaknesses in attention and executive functioning, reported symptoms and history concerning for inattentive and hyperactive symptoms since childhood, and elevated levels of current anxiety. Overall results were consistent with ADHD and mild generalized anxiety. Evaluation included recommendations for academic accommodations, compensatory strategies, and therapeutic support.

Outcome:

Received ADHD diagnosis and documentation

Returned to classes at semester, with extended time

Utilized compensatory strategies for attention and executive functioning

Started cognitive behavioral therapy for anxiety - experiencing a reduction in generalized anxiety symptoms and improved coping skills

"I always thought I just wasn't trying hard enough. Now I know how my brain works—and what to do about it."

- Patient