Look Familiar?

Join this peer-led Wicked Smart Group:

Managing ADHD

A space for students with ADHD to develop and focus on unique strategies to manage their semester

Wednesday Afternoons 2:00-3:00 PM
Bi-weekly starting September 23rd
Facilitated by Katharine, Academic Peer Mentor Baldwin Center

The manifestation and management of ADHD looks different on everyone. Certain strategies that work for one student with ADHD may be extremely counterproductive for another. During these meetings, we will work to get organized, get creative, and get moving on ways for each participant to best manage their time this semester. From technological support to schedule planning and productive procrastination strategies, we will work with each other in an open dialogue to help find new strategies and navigate this unfamiliar academic environment. To protect the privacy of students with ADHD, this group meeting will take place in a private zoom room and the meeting ID will not be published on the website. We therefore ask you to register right here!

If you have any questions, please contact Tina Chong, cchong2@bowdoin.edu or Katharine French, kfrench@bowdoin.edu. We look forward to seeing you!