

# SUCCEEDS NEWSLETTER

Spring/Summer 2023



SCAN HERE TO BE TAKEN TO OUR WEBSITE!



**A PROGRAM  
DEDICATED TO  
HELPING UMD  
UNDERGRADUATES  
WITH ADHD  
MEET ACADEMIC AND  
PERSONAL GOALS**



## MARYLAND DAY 2023



**THE UMD ADHD LAB HAD A FANTASTIC TIME AT MARYLAND DAY 2023! WE LOVED MEETING MEMBERS OF THE COMMUNITY AND DISCUSSING OUR PROGRAMS WITH STUDENTS AND FAMILIES. WE CAN'T WAIT FOR NEXT YEAR!**

**Follow us on Instagram,  
Facebook, and Twitter  
for weekly tips and tricks  
from the program!**



@umdsucceedsclinic



UMD SUCCEEDS ADHD  
Clinic



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# SUCCEEDS STUDENT GROUP

## UPDATES



*As part of the SUCCEEDS program, student participants meet weekly to discuss shared experiences of ADHD with two of our master's-level coaches.*

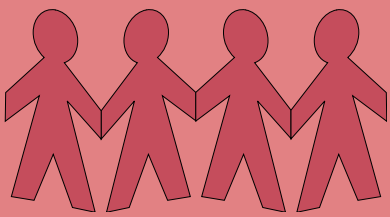
Over the semester, participants have set goals according to their values, discussed barriers to achieving those goals, and have created plans to incorporate positive reinforcement into their lives. They also addressed unhelpful thinking associated with ADHD, their emotions around receiving accommodations at school, and being consistent in their sleep schedules/routines.

Group leaders emphasized that even though ADHD looks different in different people, talking about personal experiences is important as participants learn that others are going through similar things in their college experience.

## Mental Health-Related Events around campus and the DMV Area

- National Alliance on Mental Illness (NAMI); *Peers, Families, and Friends Support Group* - Weekly, Virtual
- Mental Health Association of Maryland; *Mind Your Mind Mondays, Bouncing Back: Intro to Resiliency*, and more classes! - Weekly, Virtual
- 2023 Mental Health America Conference; June 8th-10th, Washington, DC
- CHADD, *The Impact of Screen time on Neurodivergent Kids*; June 1st, Virtual
- UMD Counseling Center, *Wellness Workshops: Pay Attention! Tips to Improve Focus*; May 16th, Virtual
- UMD, *Weekday Wind down Meditation Session*; Every Monday 4:30-5:00, Virtual

## UMD SUCCEEDS Parent Group



**So far, the group has addressed:**

- navigating housing on campus
- digital learning resources for college students
- options near and around campus for mental health care
- challenges of giving your college student more freedom

*A group independent of the program for parents of SUCCEEDS students to network and share experiences. Reach out to [succeeds@umd.edu](mailto:succeeds@umd.edu) to get connected for the fall semester!*

# RESOURCES FOR COLLEGE STUDENTS WITH ADHD

[Studying tips and tools](#) from UNC Chapel Hill

**Individual coaching, therapy, and counseling options**

[UMD Clinical Psychology Clinic](#)

[UMD Counseling Center - ADHD Concerns](#)

**Group Options**

[UMD Wellness Workshops](#)

**Study Sessions and Tutoring**

[UMD General Tutoring](#)

[UMD Guided Study Sessions](#)

[UMD Writing Center Programs](#)



## TIPS and TRICKS FOR A SUCCESSFUL SUMMER

1. Adjust to your summer sleep routine. What will your new rising time and bedtime be?
2. Plan your goals for the summer, and break them into achievable chunks!
3. Don't be afraid to ask for help. Ask someone you trust to keep you accountable and on top of your routine.
4. Take advantage of summer classes to reduce your course load in the Fall and Spring.
5. Keep up your healthy eating habits. Summer is not synonymous with junk food.
6. Practice the executive functioning skills you learned in SUCCEEDS this year. Don't lose your focus to the "summer slide!"

## SUCCEEDS STAFF PICKS

- [All Things ADHD Podcast](#)
- [ADHD 365 Podcast](#)
- [ADDitude Mag](#)
- *Driven to Distraction*, By Edward Hallowell and John Ratey
- *The Power of Letting Go*, By John Purkiss
- [Todoist](#) - a productivity/organizational App
- [The Butterfly Effect](#), a Mental Health Podcast
- [Spotify's Study Music Radio](#)
- [ASMR on Youtube for Sleep and Stress](#)
- [UMD's Outdoor Aquatic Center](#)
- [Cycling](#) at the UMD Fitness Center - it goes into the summer!
- [Brain Focus](#) - a time management app

**HAVE A FANTASTIC SUMMER! SEE YOU NEXT SEMESTER.**



**Have comments for us, or have questions about the program?** Reach out to

succeeds@umd.edu or visit

<https://umdadhd.org/succeeds>