Dear colleagues, ~~Mrs. professor~~ Teacher, let me begin.

I am here today to tell you a few sentences about ADHD.

**Firstly**, I am going to talk about the disorder itself.

**Secondly**, we will have a look at the physical expression of the people who suffer from this disorder and how to work with them.

**Thirdly**, we can discuss our personal experiences.

Now let’s have a look at the first part. **ADHD means attention deficit hyperactivity disorder** **or hyperkinetic disorder**. It is associated with other mental disorders such as dysgraphia, dyslexia, dysorthographia or dyscalculia. Problems with paying attention may cause trouble for many kids at school. **The first step for parents is to try to accept that their child has such difficulties**. ADHD persist to adulthood in about 30-50 % of cases.

In my opinion, a lot of people these days misunderstand the real definition of ADHD. Because psychology keeps on developing, there are ~~much~~ many more cases diagnosed.

It does not necessarily mean that everyone who has a lot of energy has ADHD.

This disorder is **characterized by inattention, hyperactivity and impulsivity**. For some individuals it might be **difficult to regulate their emotions**. I would like to highlight the fact that those people may find more difficult focusing on and completing tasks such as schoolwork.

For a diagnosis, **the symptoms have to be present for more than six months**. The most common age to diagnose ADHD **is between 6 and 12**, when symptoms start to appear.

**The solution is psychotherapy, lifestyle changes and even medications like stimulants.**

Of course, when you work with those people you have to **be patient and also communicate with their parents**. They should support their children and take great care.

Let’s now move to **personal experiences**.

My personal experiences I have with my cousin. He is about 4 years older than me. When we were younger, I could not keep up with him. He was so hyperactive, talking all the time and interrupting me. It was annoying. But on the other hand, he was really funny, and I liked to spent time with him because I never got bored. But for him it was more difficult to control himself. At school he did not listen, he talked when he should not, and **the teacher recommended psychological consulting**. Then he had to take calming pills.

Now he is 24 and he is more calm/much calmer and quite a common person. He does not have to take any pills and he works as a car service~~man~~person and lives a usual life.

That was my experience. Would anyone like to share yours with us?