



“Coaching the College Student”

The pace of life and expectations placed on today’s college student often exacerbate ADHD symptoms. College represents a transition to an autonomy that they may not be prepared for as soon as they move onto campus. Just as the adverse effects of “helicoptering” during early years has adverse effects on children, recent research shows similar negative effects of helicoptering during the college years, namely depressive symptoms and lowered self-esteem. My experience as an ADHD Coach/Educational Consultant has validated one simple variable: college students who have a history of struggling with academics, and particularly time management and organizational skills, can benefit from a coach or “cheerleader” at their side, making that journey with them as they seek autonomy and independence.

I began coaching a student attending an elite private university in the South. His parents called me the summer before his junior year reporting that he was on academic probation and that coaching, they felt, was the last hope of getting him through college. When meeting “John” I found him to be engaging, extremely bright and very socially adept. However, he described his drawbacks as being “horrible with time management and organizing his schedule.” I worked with “John” once or twice per week the whole academic year, not only with time management and organizational strategies but sorting out goals, determining internships, class schedule and choices of classes or the next academic year. I’m pleased to report that “John” achieved very respectable grades in all of his courses, is completely off of academic probation and will graduate on time next year.

In addition, to coaching, I also offer a full range of educational services including college placement and guidance in finding the “right fit” school for your prospective college student. With a detailed inventory and learning assessment process, the best school can be found for your child whether he or she is struggling with ADHD, a learning difference or executive functioning difficulties. Highlighting self-advocacy skills is often a first measure when working with any high school or college student.

For a complimentary phone consultation, please call Christine L. Robinson, M.Ed. Certified ADHD Coach/Educational Consultant at 617-842-0634 or Christine@ADDActionCoach.com.

Skype or Facetime sessions are also available.
