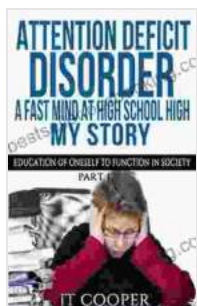


Fast Mind at High School High: My Story

I was diagnosed with ADHD when I was in the third grade. I was a bright, curious kid, but I had a lot of trouble paying attention in class. I was always getting into trouble for talking out of turn, fidgeting, and daydreaming. My teachers thought I was lazy and unmotivated, but I just couldn't help it.



Attention Deficit Disorder: A Fast Mind at High School High- My Story and: Part 1 of a Series: Education of Oneself to Function in Society (Self-help, learning disabilities) by Donald Katz

★★★★★ 5 out of 5

Language : English
File size : 794 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 17 pages
Lending : Enabled



High school was even harder. The classes were more challenging, and the workload was heavier. I struggled to keep up with my classmates, and I started to feel like a failure. I was so discouraged that I almost dropped out of school.

But then I found a few teachers who understood me. They helped me to develop strategies for managing my ADHD. I learned how to stay focused in class, how to take notes effectively, and how to study for tests. With their

help, I was able to turn my grades around and graduate from high school with honors.

My journey through high school wasn't easy, but it taught me a lot about myself. I learned that I'm not lazy or stupid. I just have a different way of learning. I also learned that there are people who care about me and want to help me succeed.

This book is my story. It's a story about the challenges and triumphs of living with ADHD. I hope that my story will inspire other people with ADHD to never give up on their dreams.

Chapter 1: The Diagnosis

I was diagnosed with ADHD when I was in the third grade. I was a bright, curious kid, but I had a lot of trouble paying attention in class. I was always getting into trouble for talking out of turn, fidgeting, and daydreaming. My teachers thought I was lazy and unmotivated, but I just couldn't help it.

My parents were worried about me, so they took me to see a doctor. The doctor diagnosed me with ADHD and prescribed me medication. The medication helped me to focus in class, but it also made me feel jittery and anxious.

I was so ashamed of my diagnosis. I didn't want anyone to know that I had ADHD. I thought it meant that I was stupid or lazy. I tried to hide my symptoms, but it was hard. I was always getting into trouble at school, and my grades were starting to slip.

Chapter 2: High School

High school was even harder than elementary school. The classes were more challenging, and the workload was heavier. I struggled to keep up with my classmates, and I started to feel like a failure. I was so discouraged that I almost dropped out of school.

But then I found a few teachers who understood me. They helped me to develop strategies for managing my ADHD. I learned how to stay focused in class, how to take notes effectively, and how to study for tests. With their help, I was able to turn my grades around and graduate from high school with honors.

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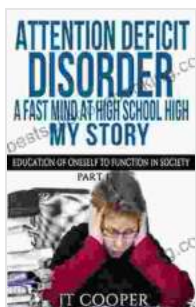
Chapter 3: College

I went to college after high school, and I continued to struggle with my ADHD. But I also found more support from my professors and classmates. I learned how to advocate for myself and to get the accommodations I needed to succeed.

I graduated from college with a degree in psychology. I now work as a therapist, and I help other people with ADHD to manage their symptoms and reach their goals.

I'm grateful for the journey that I've been on. It's taught me a lot about myself and about the importance of perseverance. I hope that my story will inspire other people with ADHD to never give up on their dreams.

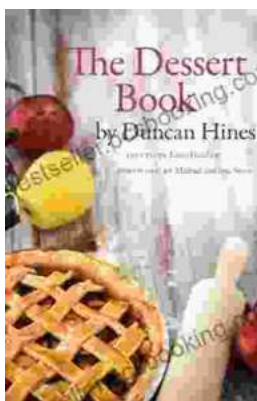
I wrote this book to share my story with others who are struggling with ADHD. I want to let you know that you're not alone. There are people who care about you and want to help you succeed. Don't give up on your dreams. With the right support, you can achieve anything you set your mind to.



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