

Attention Challenges



What are attention related challenges?



- Pattern of inattention, hyperactivity and/or impulsivity
 - Inattention: not being able to keep focus
 - Hyperactivity: excess movement, can't sit still
 - Impulsivity: acting without thinking

What do they look like in students?



- **Inattention challenges**
- Easily distracted — *doesn't seem to listen when spoken to, stares out window*
- Tasks that require mental effort — *avoid schoolwork, chores, rushes to finish tasks*
- Careless mistakes — *appears to hurry, not make efforts to get it right*
- Organizing activities — *trouble getting folders organized, shoving things in backpack*
- Following instructions & completing tasks — *gets side tracked, asks for directions multiple times, stops in middle of task*
- Forgetful & loses things — *can't find work, leaves what they need for school at home*
- **Hyperactivity and Impulsivity**
- Fidgets & can't sit still — *moving feet, tapping pencil, difficulty staying in classroom*
- On the go, restless, driven by motor — *always moving, wants to get outside, switch activities before it's time*
- Talks excessively, blurts out answer — *can't stay quiet, talks over peers, doesn't wait to be called on*
- Difficulty waiting their turn — *difficulty playing games, skips people*
- Interrupts & intrudes on others — *difficulty understanding and respecting personal space*

Why do they matter?



- Attention challenges interfere with academic learning and success
- Increase in social challenges, with peers and adults
- These youth experience higher rates of peer rejection and less reciprocal relationships
- These youth are more impulsive and emotionally reactive which impacts their social skills
- These youth are more likely to have relationships with caregivers and teachers that include more censure, redirection and punishment
- These youth are also receive more suspensions and expulsions from school