



College Confidence with ADD: The Ultimate Success Manual for ADD Students, from Applying to Academics, Preparation to Social Success and Everything Else You Need to Know

Michael Sandler

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Everything You Need to Know to Find Success in College and Beyond

While college is a challenge for any student, the increased workload, complexity, freedom and competing demands make it particularly daunting for those students with Attention Deficit Disorder. But you need not be overwhelmed and you can succeed!

College Confidence with ADD will help you turn obstacles into opportunities and overcome social, academic, financial, and personal challenges both in and out of the classroom. Whether your goal is to get into the school of your choice, improve your grades, survive the experience, gain guidance and direction, or springboard into the future of your dreams, this comprehensive and essential guide will help you succeed.


Some of the many areas covered include:

- Choosing and applying to colleges
- Getting the accommodations you need
- Financial aid, scholarships and starting school
- Staying out of trouble, negotiating peer-pressure, and managing freedom
- Note-taking, studying and test-taking strategies
- Routine-building, prioritizing, and juggling competing demands
- Getting healthy, gaining focus, and finding your inner strength
- Overcoming depression, anxiety and fear
- Sports, social skills and establishing greater confidence
- Choosing majors, life direction, graduate school and future employment

Set yourself up for success from day one with College Confidence with ADD!

Michael Sandler is founder of The Creative Learning Institute and a practicing national ADD coach, author, and public speaker. He is a regular columnist for the national ADD magazine, ADDitude, and is a featured speaker at national ADD conventions. He lives in Boulder, Colorado.

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