

Home Draft

Description

How to College

with ADHD

Help your student learn how college actually works — and how to succeed with ADHD — through clear guidance, tools, and support.

[Get the Free Checklist](#)

WHY IT'S SO HARD

College hits different for ADHD students

Everything that worked in high school stops working the moment your student moves in. Here's why.

High School

- Teachers follow up on missing work
- Structure is built into every day
- Help with schedules and reminders
- Smaller classes, more accountability

College

- No one tracks missing assignments
- Total freedom — no built-in routine
- 100% self-managed, all the time
- 200-person lectures, zero check-ins

This is where things start to fall apart.

Not because your student isn't capable — but because no one taught them how to manage ADHD without a safety net.

Preparation changes everything.

THE FRAMEWORK

Four things that actually make the difference

Most students aren't prepared for what college actually requires.
Everything here is built around these four areas

Education & Understanding

Understanding how ADHD affects procrastination, follow-through, attention, and motivation helps students stop blaming themselves and start using strategies that actually fit.

Tools & Resources

The right accommodations, systems, and supports make college more manageable — and help students stop relying on last-minute effort to get by.

Self-Advocacy

Students who can communicate their needs, ask for help, and use support systems effectively are far better equipped to handle college.

Connection

Feeling connected to people, routines, strengths, and meaningful parts of college life makes it much easier for students to stay engaged and keep going when things get hard.

ONLINE COURSE

The ADHD College Ready Course

Prepare your student for the reality of college with ADHD — before they arrive on campus — with clear structure, practical tools, and support that actually works.

- 8 modules covering every area of college readiness
- Worksheets, planners, and semester calendar templates
- ADHD Friendly tools, tips, and strategies you can use on day 1
- Lifetime access — students can revisit any time

[Explore the course](#)

Start before the semester begins.

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FOR STUDENTS ALREADY IN COLLEGE

One-on-One

College Coaching

Personalized support for ADHD students who need more than preparation.

Some students need more individualized support — especially once college begins. Coaching helps students build the systems, habits, and awareness needed to manage coursework, stay organized, and follow through.

[Call to Action](#)

WHAT'S INCLUDED

- Weekly structure and accountability
- Managing assignments, deadlines, and priorities
- Building time management and organizational skills
- Learning how to follow through and avoid shutdown

ON-DEMAND COURSE

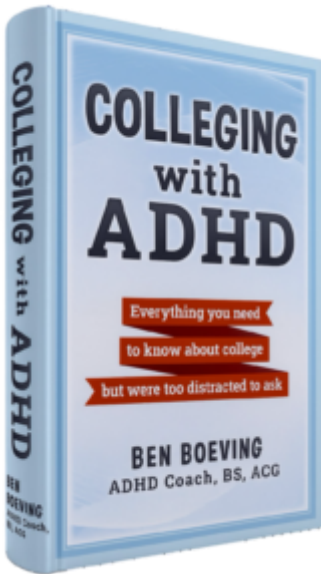
25 Tools Every ADHD Student Needs Before College

Most students don't struggle in college because they aren't capable. They struggle because the environment isn't set up for how they actually function. This checklist shows what to put in place before move-in — so students aren't figuring it out under pressure.

- Tools that support planning, memory, and organization
- ADHD-friendly time-management systems
- Supports for stronger routines and follow-through
- What to have in place before they leave home

[Get the checklist](#)





THE BOOK

Colleging with ADHD

The practical guide your student can actually read — and use. Written for ADHD brains, not against them. Short chapters, real strategies, zero fluff.

[Get the Book](#)

ABOUT BEN

“I know what it’s like to have a brain that works differently — and to spend years figuring out how to work with it instead of against it.”

For the past 20+ years, I’ve worked with hundreds of ADHD students preparing for and navigating college.

I’ve watched bright, motivated students arrive on campus and struggle — not because they weren’t capable, but because no one had prepared them for what college actually requires.

This is the preparation I wish someone had given me.

- 20+ years working with ADHD students
- Hundreds of students guided through college transitions
- Lived experience with ADHD

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