

Is Your ADHD Teen Ready for College? Give Them the Tools to Succeed

Description

Online ADHD College Prep Course

How to College With ADHD

A practical online course that helps students build the systems, routines, and support strategies they need before college begins.

- Time management systems that actually work in college
- Strategies for deadlines, organization, and follow-through
- Real-world ADHD support before move-in day

[Explore the Course](#)

WHY THIS COURSE EXISTS

Most ADHD Students Aren't Warned About What Changes in College

In high school, structure exists around students whether they create it or not. Teachers follow up, parents remind, and deadlines are enforced.

College shifts that responsibility almost entirely to the student — usually all at once.

This course shows students what actually changes, and what to put in place before the semester starts

That's the gap the course is designed to fill.

Nobody tells students what's actually different – or what to do about it.

WHAT THEY'LL HAVE BEFORE CLASSES START

Everything in place before day one

Practice systems your student will actually use once the semester starts.

Accommodations locked in

How to register with disability services and exactly what to ask for — done before move-in.

A scheduling system that actually fits their brain

Routines designed for ADHD – not the ones that always fall apart by week two.

Scripts for hard conversations

Real language for talking to professors – so anxiety doesn't make them go silent.

A support system mapped out on campus

Who to go to and how to ask – before they ever need to.

The systems students build before college often determine how smoothly the transition goes.

WHAT'S INSIDE

6 modules. Short lessons, real skills.

Built for ADHD brains — short lessons, clear action steps, real skills they'll use from day one.

1

Build a schedule that actually works with an ADHD brain

Class schedules, routines, and systems designed to reduce overwhelm before the semester starts.

1

Learn how to navigate campus before move-in day

Support systems, accommodations, professors, and the logistics most students figure out too late.

1

Create a semester system students can actually maintain

Calendars, planning systems, reminders, and follow-through strategies that hold up during real college life.

1

Build support before problems start

Communication tools, accountability systems, and practical ways to avoid isolation and shutdown..

1

Reduce overwhelm and procrastination

ADHD-friendly approaches to starting work, recovering from setbacks, and staying engaged.

1

Learn how college actually works

What changes in college, what catches students off guard, and what successful students tend to do differently.

Your student knows college is coming. This course makes sure they're actually ready for it.

Six modules that show students with ADHD how college actually works—and what to do before they get there.

[Click here](#)



WHY THIS COURSE WORKS

College Works Differently Than Most ADHD Students Expect

Over the past 17 years, I've worked with hundreds of highly capable students with ADHD as they prepared for and adjusted to college life.

What stood out wasn't a lack of intelligence or motivation — it was that college expected students to manage time, structure, and follow through in ways that many had never been taught.

This course is built around the patterns, strategies, and systems consistently helped students gain traction once college started.

Through real conversations, patterns started to emerge. The students who found their footing in college weren't doing more — they were doing things differently.

17+ years

College student coaching

On-campus experience

supporting college students

Author of

Colleging With ADHD

COMMON QUESTIONS

Before you enroll

Does my student need a formal ADHD diagnosis?

No. This workshop is built for students who identify with ADHD traits — diagnosed or not. If the struggle sounds familiar, the content will be relevant.

How long does it take to complete?

Each module is designed to be completed in one focused sitting — roughly 30 to 45 minutes. The full workshop can be done in a weekend, or spread over a few weeks. There's no deadline.

Can parents go through it without their student?

Yes. Module 6 is written directly for parents, but the whole workshop gives context that makes it easier to have real conversations with your student about what they're navigating.

Is this therapy or coaching?

Neither. This is practical education — the kind of straightforward, honest information students should have received before move-in day but usually don't.

Your student knows college is coming. This course makes sure they're actually ready for it.

College looks different, moves faster, and expects more independence. This course helps students step in with confidence, not confusion.

[Explore the Course](#)

Date Created

April 30, 2026

Author

boeving

default watermark