



A Resolution Calling UCLA to Acknowledge ADHD Awareness Month

WHEREAS, attention-deficit/hyperactivity disorder (ADHD) is a common neurodevelopmental disorder that often includes attention difficulty, hyperactivity, and impulsiveness.¹

WHEREAS, a person with ADHD experiences differences in brain activity and brain development that can affect attention, relationships, and self-esteem, and can cause difficulty at school or work.²

WHEREAS, ADHD symptoms may or may not be observed in childhood, and ADHD can often go undetected and undiagnosed until an individual reaches college or even later in life.³

WHEREAS, at least 75 percent of adults with ADHD are unaware that they have ADHD.⁴

WHEREAS, adults with undiagnosed ADHD are at greater risk for mental health issues, including mood disorders, anxiety, and depression--all of which can greatly affect their daily life, academic performance and retention, and college experience.⁵

WHEREAS, although determining the exact percentage of students with ADHD is difficult due to the number of students who are undiagnosed, students with ADHD comprise about 6 percent of the college student population and is the most common type of disability supported by college disability offices.⁶

WHEREAS, students with ADHD often lack adequate academic support--including resources and academic accommodations--from their institutions, and despite ADHD being prevalent among college students, there has been little research focused on how having ADHD can impact the transition to college and ongoing academic success.⁷

WHEREAS, the number of students with ADHD registered with UCLA's Center for Accessible Education has increased over the past two decades.

WHEREAS, it is often difficult to get tested and diagnosed for ADHD, and many UCLA students have reported difficulty with accessing ADHD assessments, resources, and academic

¹ <https://www.cdc.gov/ncbddd/adhd/facts.html>

² <https://www.psychiatry.org/patients-families/adhd/what-is-adhd>

³ <https://www.mysouthernhealth.com/undiagnosed-adhd/>

⁴ <https://www.additudemag.com/undiagnosed-adult-adhd-diagnosis-symptoms/>

⁵ <https://www.additudemag.com/undiagnosed-adult-adhd-diagnosis-symptoms/>

⁶ <https://www.sciencedaily.com/releases/2021/02/210223110358.htm>

⁷ <https://www.sciencedaily.com/releases/2021/02/210223110358.htm>

accommodations through Counseling and Psychological Services and the Center for Accessible Education.⁸

WHEREAS, college students with ADHD are likely to experience significant academic challenges and are at higher risk for dropping out, and they often require greater academic support prior to and during their college years.⁹

WHEREAS, only 5 percent of college students with ADHD will graduate from college, versus 41 percent of their non-disabled peers.¹⁰

WHEREAS, the month of October has formally been recognized as ADHD Awareness Month to raise awareness, remove the stigma, and highlight the available support and resources that help individuals feel empowered and thrive with ADHD.¹¹

THEREFORE LET IT BE RESOLVED, that the Undergraduate Student Association Council and UCLA as an educational institution officially recognize the month of October as ADHD Awareness Month.

LET IT BE RESOLVED, that the Undergraduate Student Association Council and UCLA recognizes the importance of student organizations such as *All Brains* and the *Disabled Student Union* who advocate for people with ADHD along with other disabilities, while offering a safe space for students who identify with these identities.

LET IT BE RESOLVED, that the Undergraduate Student Association Council shall take the time to understand the needs and struggles that students with ADHD face while maintaining close relationships with key student leaders, student organizations, and stakeholders from this community in order to best advocate for their needs throughout this school year.

LET IT BE RESOLVED, that the Undergraduate Student Association Council shall offer an inclusive and safe space for students who have ADHD in their respective office.

LET IT BE RESOLVED, that the Center for Accessible Education and Counseling and Psychological Services shall provide more accessible testing, accommodations, resources, and treatment options for ADHD.

⁸ <https://www.additudemag.com/adhd-diagnosis-problems-adult/>

⁹ <https://www.sciencedaily.com/releases/2021/02/210223110358.htm>

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https://wcfcourier.com/news/local/for-adhd-students-transition-to-college-is-tough/article_950df28a-ac05-5b50-8768-2ed34aa05376.html#:~:text=Just%205%20percent%20of%20college.the%20The%20Journal%20of%20Learning.

¹¹ <https://chadd.org/awareness-month/>

LET IT FINALLY BE RESOLVED, that the Undergraduate Student Association Council and UCLA recognizes the academic barriers and obstacles that students with ADHD experience and will work to alleviate those barriers to ensure that everyone on campus has access to the education they deserve.