

**Ten Tips for High School/College-Bound Teens with AD/HD**

by Anna Casperson, ADDitude Intern

One of the most common misconceptions that teenagers have when starting over in college is that they no longer have a use for their medication. However, Dr. Patricia Quinn with the National Center for Gender Issues and AD/HD advises that whatever treatment plan a child uses to successfully navigate through high school, it is likely that it will continue to help them in college.

Some of the teen AD/HD patients that Dr. Quinn sees do not fully understand how their medication and disorder affects them. She believes that an adolescent should be part of the treatment process so that they can fully understand the medical decisions they may make later in life.

While some teens with ADD may have managed high school with no medication due to tremendous effort, this type student could become overwhelmed in college if he or she does not know the options available. However, despite the teenager's level of self-awareness, Dr. Quinn has compiled ten specific items that all AD/HD teenagers should know prior to becoming responsible for their own health.

- 1. All teenagers should know the name, dosage, and function of their medication. They should also understand that if they needed medication in high school, then they will most likely need it through college.**
- 2. Even though stimulants improve cognitive functioning, it is still necessary to take the time to study.**
- 3. Understand that AD/HD affects all aspects of life: home, social, academic, athletic, and employment.**
- 4. Understand the risks of "self-medicating." It is crucial for patients to follow the prescribed dosages from their doctor.**
- 5. It is illegal to share prescribed stimulants with anyone because they are a federally regulated medication.**
- 6. Do not mix AD/HD medication with OTC, prescription or unprescribed medication without checking with your doctor.**
- 7. Never mix AD/HD medication with "recreational" drugs or alcohol. For example, mixing stimulants with cocaine can be lethal.**

8. Find arrangements soon after arriving, such as the campus health center, to set-up and receive their monthly prescriptions.
9. Report any adverse side effects right away. Because children do not receive the same supervision once they are in college, it is too easy for a reaction to be overlooked.
10. As always, regular check-ups are important to ensure the overall health and condition of the body's reaction to chronic medications.

*For more information, please visit the National Library of Medicine web site at:  
[www.nlm.nih.gov/medlineplus](http://www.nlm.nih.gov/medlineplus).*