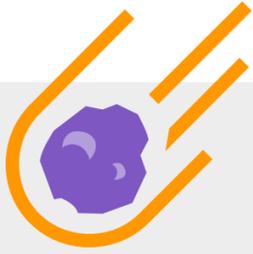


# TAKING CHARGE OF ADHD DURING THE JOB SEARCH

## CAREER CHOICES

- Just as everyone else, some jobs may be more suited to you than others.
- Select a career path that is most appropriate for any ADHD-related challenges, and seek out accommodations
- There is no prescriptive list of careers that are "best" for those with ADD
- An ADHD friendly occupation can: Facilitate autonomy; provide for active engagement & movement; provide a variety of duties which allow creative contribution (Levine, 1995)



## ENVIRONMENTAL DISTRACTIONS

- Reduce interruptions
- Use headphones
- Use a fan or white-noise machine
- Don't set up your email so that you are not notified whenever a new message arrives
- Work on a clear surface
- Turn off your internet connectivity when not necessary
- Post a door sign saying "Busy"



## HYPERFOCUSING

- By being in a state of intense focus
- Cue yourself
- Plan hyperfocused moments
- Get to the boring stuff first



## HYPERACTIVITY

- "Fidget" intentionally
- Take brief exercise breaks
- Do at least one half hour of aerobic daily
- Consider two part-time jobs to increase variety



## MEMORY DIFFICULTIES

- Use your smartphone to record notes
- Don't write notes on scraps of paper
- Take notes during meetings
- Avoid interruptions; Close your door and send calls to voicemail
- Use a voice recorder
- Develop a reminder system on your phone for tasks or events
- Use visual prompts like sticky notes

### Reference

Nadeau, K. G. (2015). *The ADHD Guide to Career Success: Harness Your Strengths, Manage Your Challenges*. Routledge.

## INTERNAL DISTRACTIONS

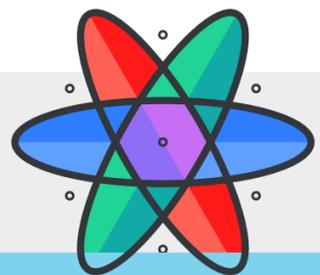


- Creative realizations: Your "ah ha!" moments can divert you. Write it down instead
- Intrusive realizations: You remember a forgotten task
- Day-dreaming: Make your job search interesting, make connections



## IMPULSIVITY

- Making impulsive commitments: Don't give an automatic "yes" to an employer. Say: "I'd like to work with you, but let me get back to you in a couple of days"
- Impulsively promising more than you can deliver. Talk about your accomplishments, without over-promising on all aspects of the job



## NEED FOR STIMULATION

- Get assistance or training for your organization skills
- Find work with a high degree of variety
- Choose work with a minimum of paperwork



## TIME MANAGEMENT

- Plan to arrive early
- Don't give in to the "just-one-more-thing". Write it down and act on it later.
- You need time to get ready before "it's time to go"



## PROCRASTINATION

- Look for jobs with minimum of tedious paperwork
- Less jobs with long-term projects with a large report at the end.
- Commit yourself to a deadline for applications and declare it.
- Set up a weekly progress with a career advisor, or a coach.