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## Make Memories with ADHD

Research shows that individuals with ADHD are four times more likely to have working memory problems compared to peers without attention problems. The term working memory describes the ability to hold in mind and use information over short periods of time.

Working memory is also thought of as the mental workspace that we use to store information while performing tasks. This skill is important when trying to add numbers together, such as  $23 + 16 + 12$ ; when following multi-step instructions, “Go upstairs, brush your teeth, comb your hair, bring your homework downstairs;” or when grocery shopping, “I need eggs, milk, potatoes, bread, and toilet paper.” [Read more.](#)



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## Practical Money Management Tips for Kids

Do your children earn an allowance? Is your teen ready for a checking account? Does your college student save money from his summer job to use next semester? Stephanie Sarkis, author of *Making the Grade with ADD: A Student's Guide to Succeeding in College with Attention Deficit Disorder*, addresses these questions to help parents guide their children to better financial literacy.



**Q:** My son is about to begin his freshman year of college. He has already spent the money he earned from his summer job. I'm considering sending him to college without any money, but my husband disagrees. What's the best way for us to teach him to learn from this situation?

[See Dr. Sarkis' response.](#)

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## Autism + ADHD

Did you know changes in the DSM-5 now state that ADHD and Autism Spectrum Disorder can co-occur? Are you wondering how ADHD and Autism can seem to share some characteristics and yet be very different disorders?

Erica L. Wodka, Ph.D., ABPP-CN, of Kennedy Krieger Institute, one of the nation's leading centers for the treatment of childhood brain-based disorders, presents on the relationship between ADHD and Autism. [Watch here.](#)

National Resource Center on AD|HD  
A Program of CHADD

Ask the Expert:  
The Relationship Between ADHD  
and Autism Spectrum Disorder

Erica L. Wodka, Ph.D., ABPP-CN  
Center for Autism and Related Disorders  
Kennedy Krieger Institute  
Assistant Professor  
Johns Hopkins University School of Medicine

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## ADHD Research Award Program 2016 - Applications Now Available

CHADD (Children and Adults with Attention-Deficit/Hyperactivity Disorder) is pleased to announce the **2016 Young Scientist Research Awards**, a program to recognize young researchers making contributions to the understanding of ADHD.

Two awards will each include an unrestricted cash prize of \$1,000, recognition at CHADD's 28th Annual International Conference in Costa Mesa, California; conference travel, registration, and expense allowance; a one-year professional membership to CHADD; recognition in CHADD's *Attention* magazine and on CHADD's website; and publicity through social media posts and *ADHD Weekly* e-newsletter. [Read on for more details.](#)



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# ADHD *in the News*

- Increased odds of ADHD for kids with some types of vision problems
- ADHD, OCD, autism: Is it time to redraw the boundaries separating childhood behavioural disorders?
- Qbtech receives FDA clearance for online test that assesses ADHD
- Videogame addiction linked to ADHD

Read these and other articles in the [ADHD in the News weekly digest](#).

## Did You Know?

Coursera has a free MOOC (massive open online course) titled *It's called ADHD: Everyday Strategies for Elementary Students* presented by Dr. Greg Fabiano through the State of University of New York & The University of Buffalo. the course is free, but a certificate of participation costs \$42. [Enrollment ends April 30th.](#)

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