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Finding a Summer Job When You've Got ADHD

Teens are looking for summer jobs right now. What do they need to be prepared for that first job? [This is what two professionals told us.](#)

Reframe Your ADHD-Related Stress

ADHD increases stress levels. What can you do to quickly reduce the troublesome tension and overwhelm? [It might have to do with how you look at things.](#)





NRC Video Speak Up: Self-Advocacy Tips For Teens

Featuring LeDerick Horne

Watch Now

It's during the teen years that young people learn to speak up for their own needs, and to negotiate for themselves. Self-advocacy doesn't always come natural, especially when coping with ADHD symptoms. Teaching our teens to advocate for themselves helps them start in the right direction in life.

Sometimes speaking up can be a daunting process for teens due to co-occurring anxiety. Speaker and learning disability advocate LeDerick Horne shares his insight and tips to help teens to self-advocate.



ADHD *in the News*

- Good Sleep a Must for Teens With ADHD
- ADHD With and Without Emotion Dysregulation
- Ritalin vs. Adderall: What's the difference?
- Concerta vs. Adderall: What's the difference?
- Raising a child with ADHD costs five times more than raising a child without ADHD, study finds
- The Simple Accommodation Many Students With ADHD Aren't Getting

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

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