



Adult to Adult Training Program

Content and Objectives for On-Demand Learning

Modules:	Adult learners will:
ADHD & Adults (30 minutes)	<ul style="list-style-type: none">• Describe how ADHD is defined in the DSM-5 (book used by doctors in diagnosing psychological conditions)• Learn the possible effects of ADHD in adults.• Understand common myths and facts about adults with ADHD• Familiarize yourself with strategies to better manage adult ADHD• Complete the Adult ADHD Self-Report Scale• Gain more access to ADHD-related resources with the Adult ADHD starter kit
Diagnosing ADHD (30 minutes)	<ul style="list-style-type: none">• Understand the symptoms and diagnosis of adult ADHD• List how medication can help with ADHD symptoms• Compare other disorders that mimic ADHD• Describe common co-occurring disorders with ADHD• Analyze ADHD factors to think about when diagnosing and managing ADHD• Explain how to choose the right professional• Complete the Diagnosing ADHD quiz• Gain more access to ADHD-related resources with the Symptoms and Diagnosis starter kit
Executive Function (30 minutes)	<ul style="list-style-type: none">• Describe executive functions of the brain• Know at least five executive functions of the adult brain• Identify where you may have your own executive function deficits• Understand how to replenish your own executive function tank• Describe the challenges that adults with ADHD have with self-regulation• Discover how to organize your mental space• Familiarize yourself with emotional strategies related to executive function• Complete the Executive Function quiz• Gain more access to ADHD-related resources with the Executive Function starter kit
More About ADHD (60 minutes)	<ul style="list-style-type: none">• List how medication can help with ADHD symptoms• Realize the potential impact of untreated ADHD• Understand general information that everyone should know about ADHD• Know how ADHD presents differently in women (and girls).• Know some differences and unique difficulties of ADHD in older adults• Complete the More About ADHD quiz• Gain more access to ADHD-related resources with the More About ADHD starter kit
Conclusion (10 minutes)	<ul style="list-style-type: none">• Complete the Are You Living With ADHD? Survey• Complete the course post-evaluation