# Content and Objectives for On-Demand Learning

<table>
<thead>
<tr>
<th>Modules:</th>
<th>Adult learners will:</th>
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| ADHD & Adults (30 minutes)      | • 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)    | • 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) | • 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)    | • 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)         | • Complete the Are You Living With ADHD? Survey
                                   • Complete the course post-evaluation |