

Recent research, including brain imaging studies, has shown that some individuals with ADHD have weaknesses in executive functions, and a slow speed of information processing. Students with these weaknesses are more likely to exhibit academic and behaviour problems, but should not be seen as lazy or unmotivated. Executive functions include the following often inter-related skills:

Organization
Metacognition
Time Management
Flexibility
Self-regulation of Affect

Response Inhibition
Working Memory
Task Initiation
Planning
Goal-directed Persistence

Students with ADHD who have executive functioning and processing speed weaknesses need to acquire and internalize cognitive strategies to address these weaknesses