

IATEFL Edinburgh 2025

Supporting ADHD Students in Virtual Learning Environments

By Tahany Rushdy

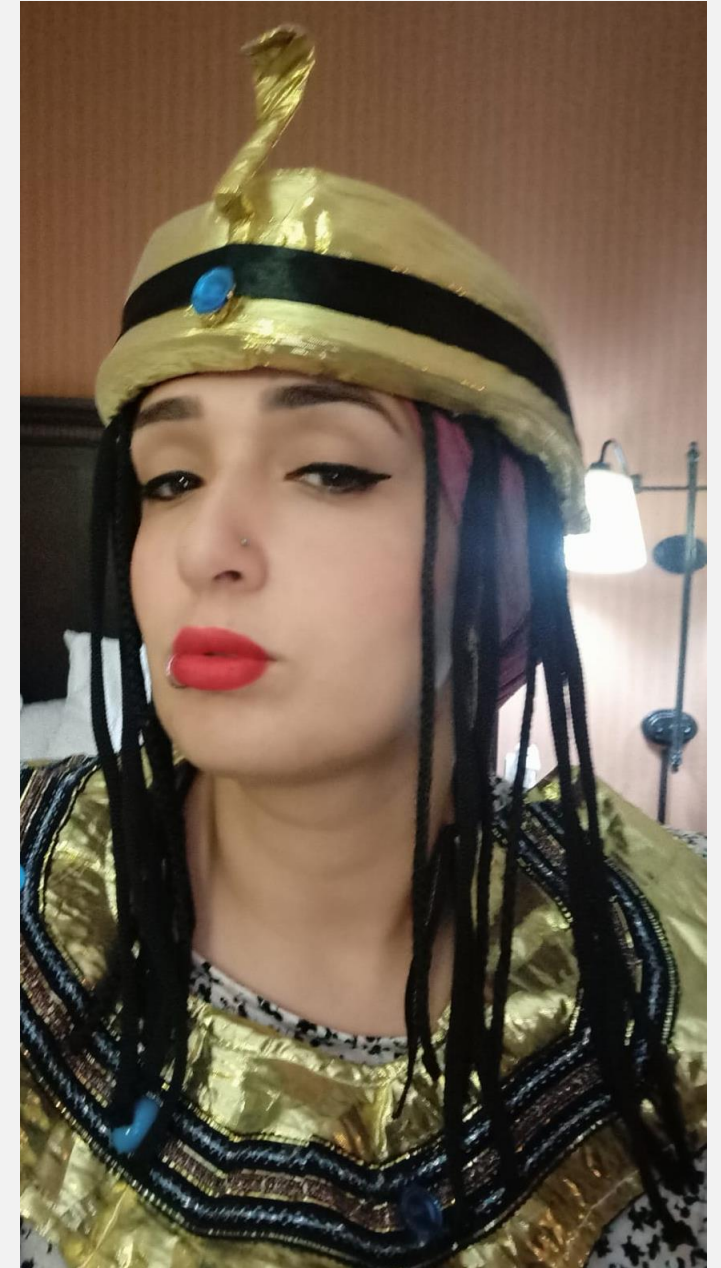




Two Truths and a Lie about Egypt:

- 1. The Sphinx at Giza is believed to be over 4,000 years old.*
- 2. Ancient Egyptians used papyrus to create the first form of paper.*
- 3. Cleopatra was born in Egypt and was of Egyptian descent.*

Which one do you think is the lie?



Agenda

1. Introduction (3 min)

What is ADHD? (Brief overview)

2. Understanding ADHD (5 min)

ADHD Iceberg: What's seen vs. what's hidden

Things people with ADHD wish you knew

3. Strengths of ADHD (5 min)

Things I love about having ADHD

Positive traits of people with ADHD

4. ADHD & Learning (7 min)

ADHD learning strategies

Quick ADHD hacks while studying

5. Teaching & Support Strategies (7 min)

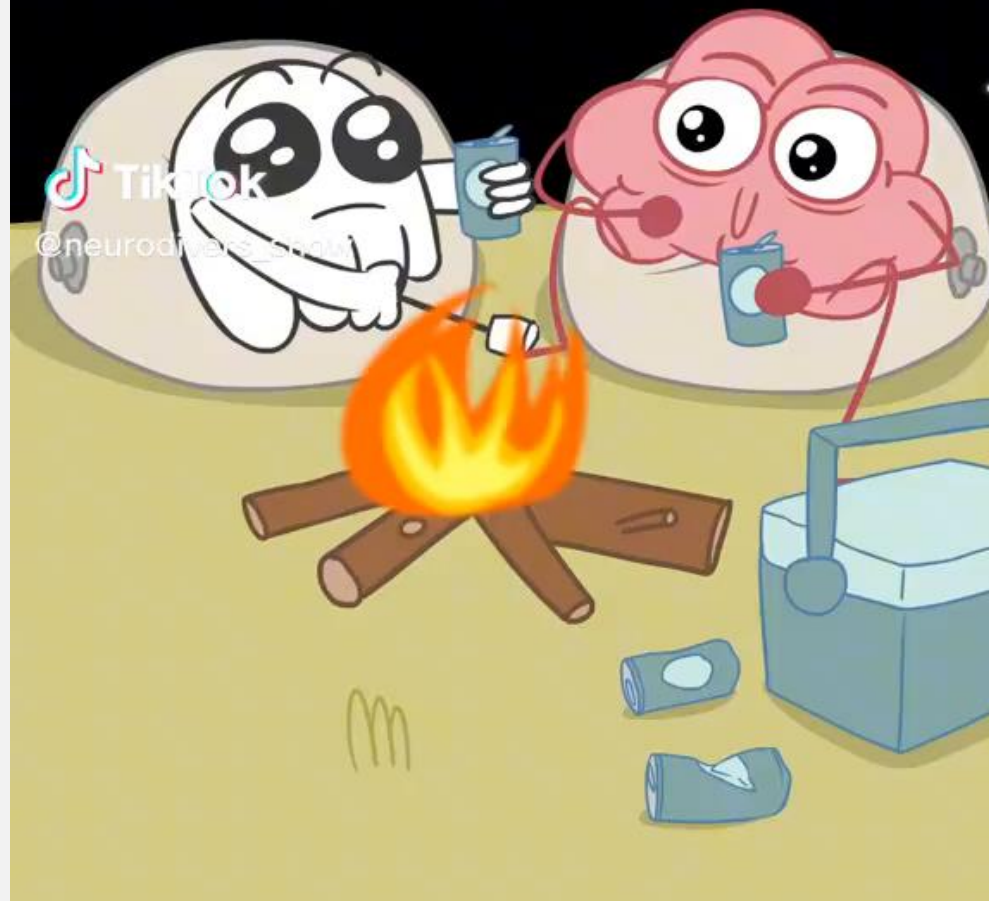
Tips for teaching students with ADHD

Online Tools to help teachers engage students with ADHD in online learning

6. Q&A & Closing (3 min)

Final thoughts & quick audience questions

Inside the mind of people with ADHD




ADHD definition



stands for ***Attention Deficit Hyperactivity Disorder***. It is a condition that affects a person's ability to **focus, control impulses, and manage their activity levels**. People with ADHD may find it hard to pay attention in school, work, or even at home, and they might seem overly active or impulsive.



ADHD is a **neurodevelopmental** disorder. That means it's caused by differences in how the brain develops and functions. 



**The three
main
symptoms
of ADHD**

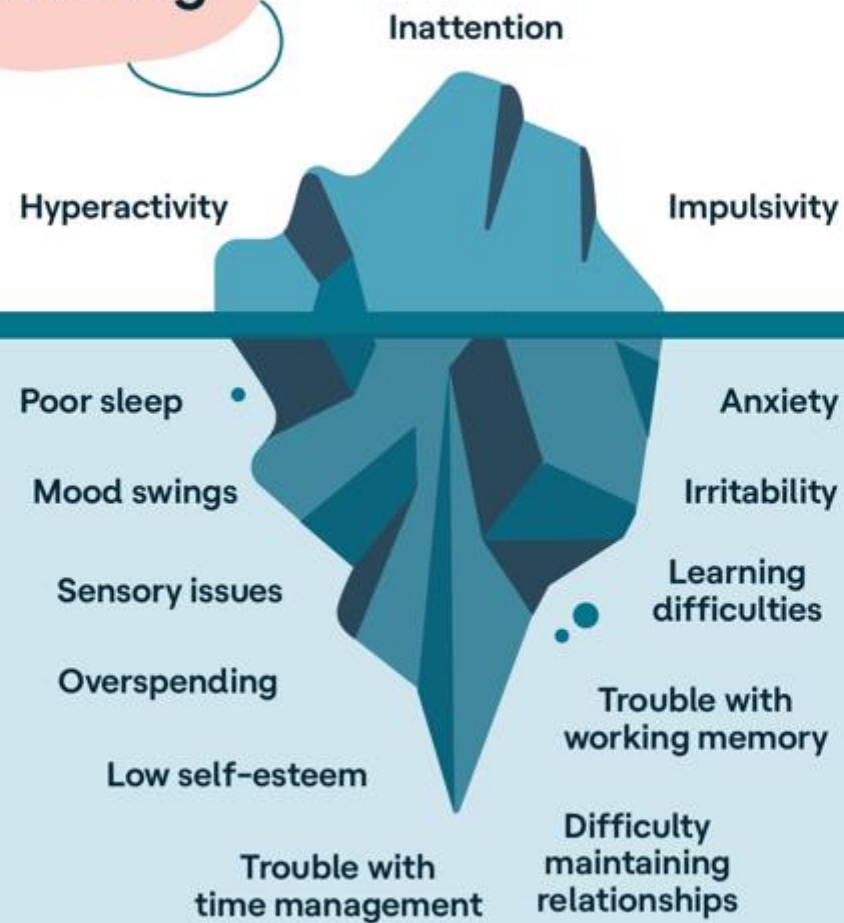
inattention

impulsivity

hyperactivity



ADHD iceberg



Visible
symptoms

Invisible
challenges

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 Understood

**People with ADHD
aren't lazy.**

**Adults can have
ADHD.**

**You can have ADHD
and not seem hyper.**

Things People With ADHD Wish You Knew



They seem unmotivated,
but they actually
struggle to stay focused
and finish their work.

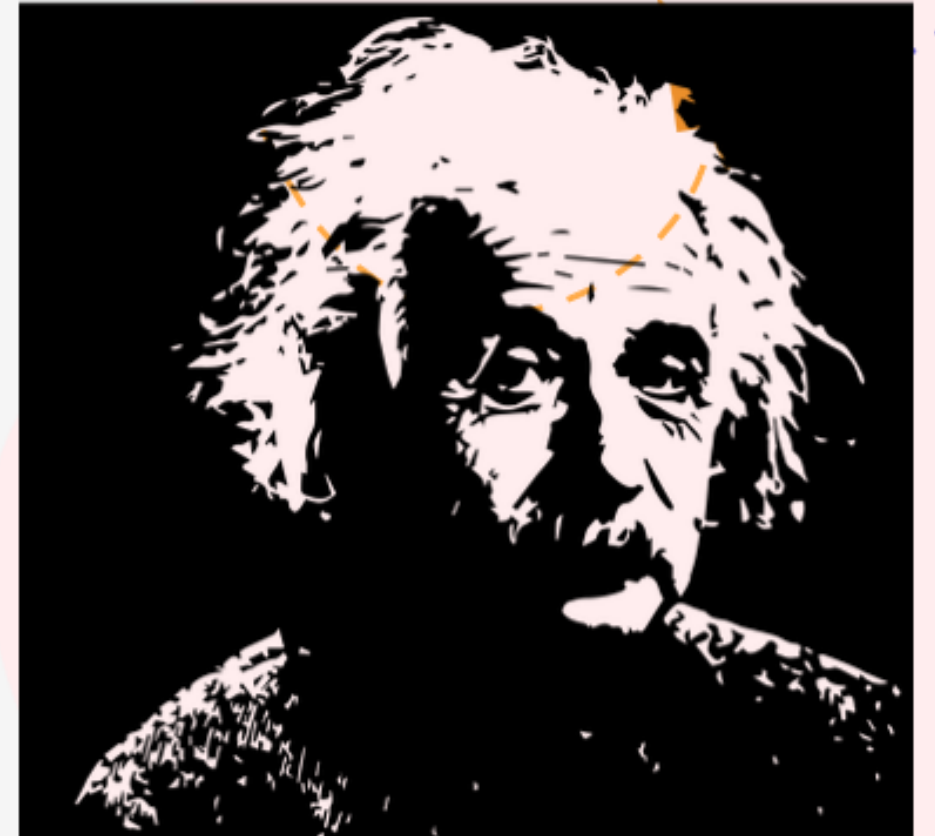
Some people believe adult
ADHD isn't real and that it
goes away after childhood,
but many adults remain
undiagnosed.

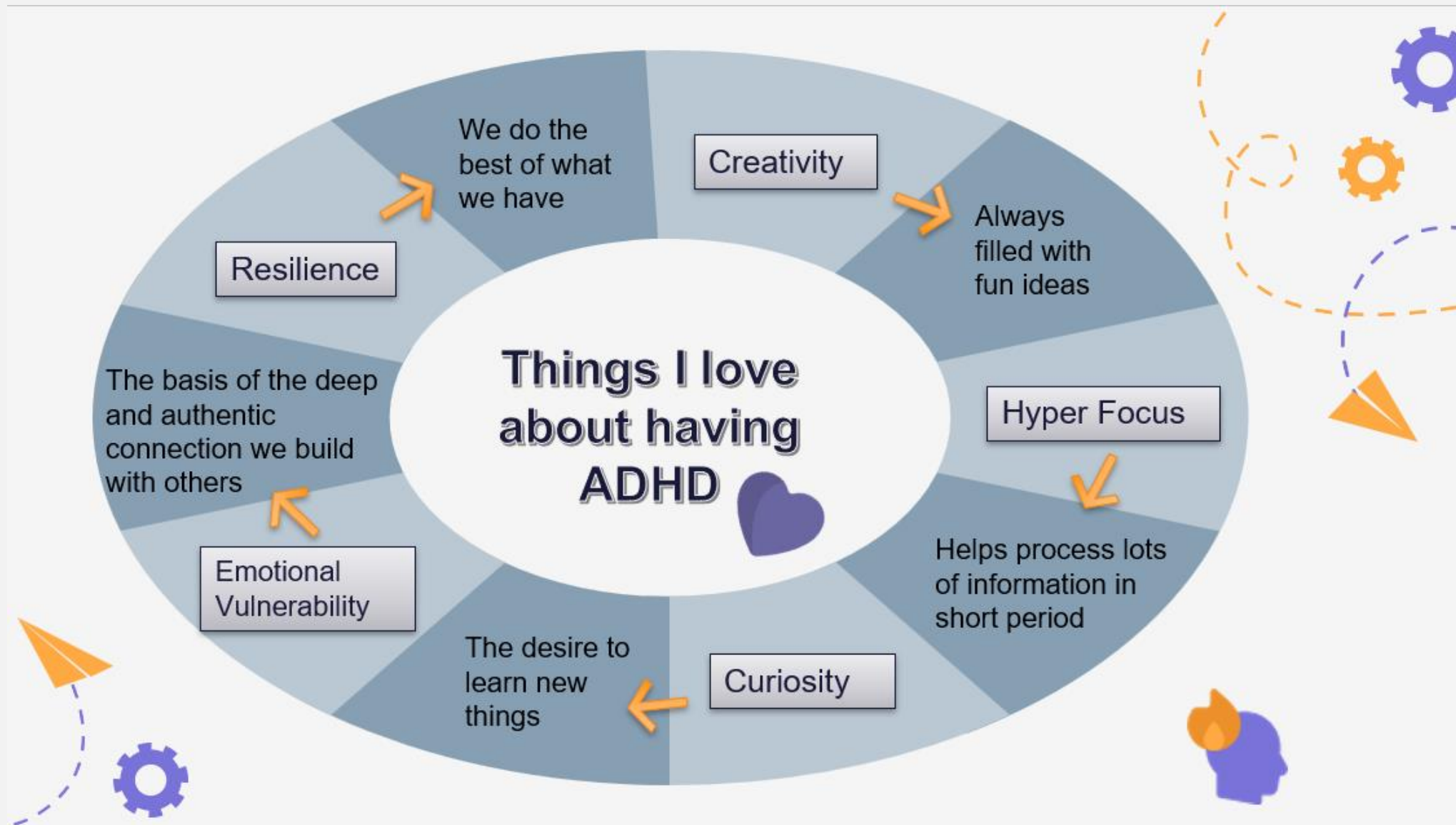
Your friend with ADHD may
seem calm, but they have
trouble focusing.

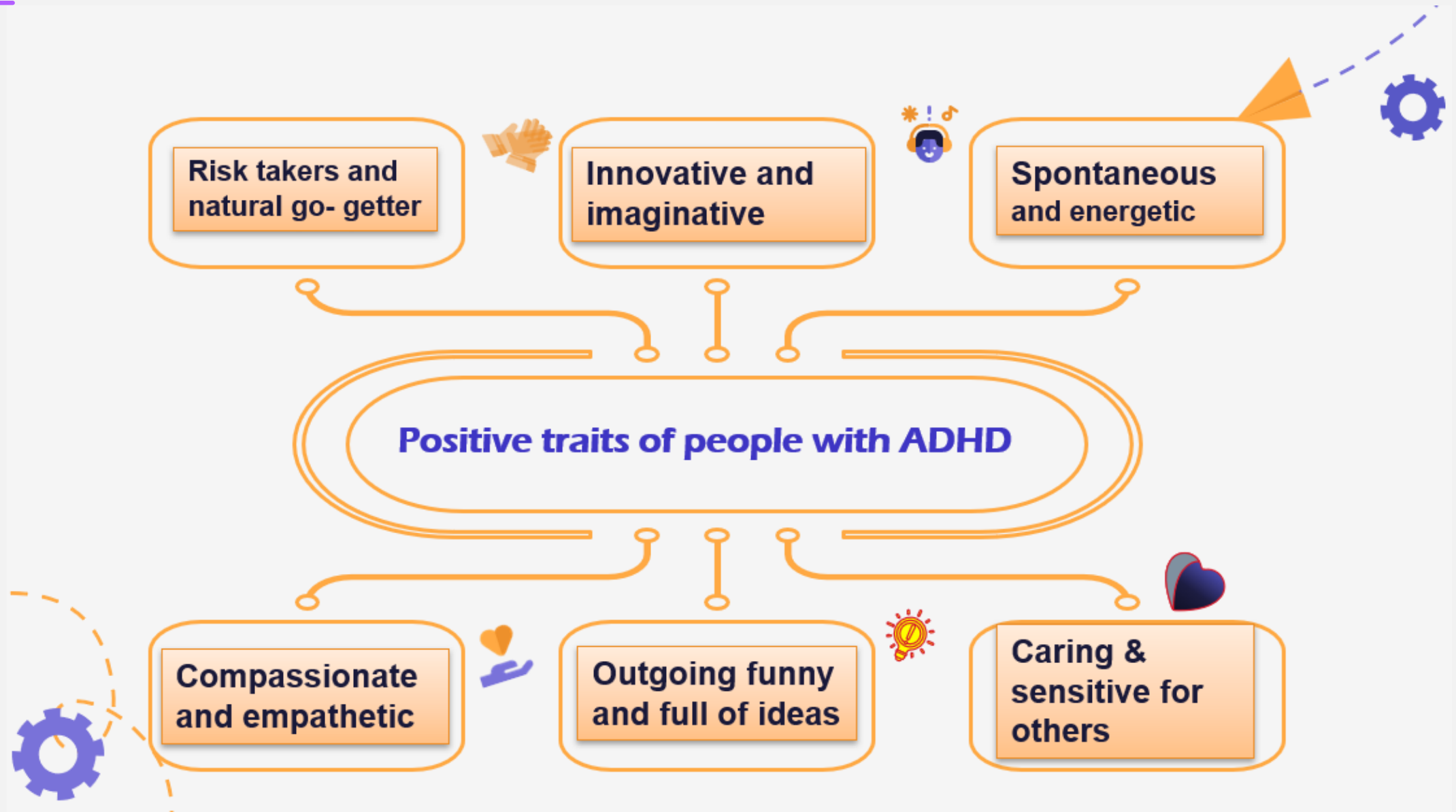
“Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid.”



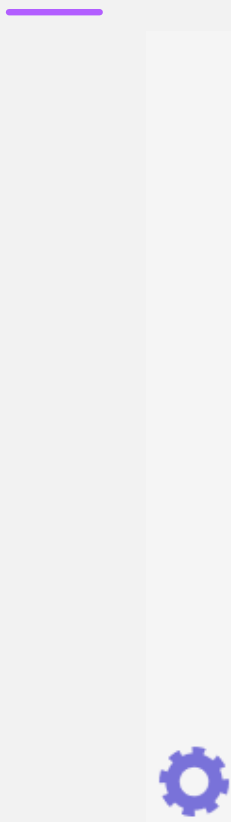
Albert Einstein











**Prioritize
structure
and routine**

**Use active
learning
techniques**




**Seek
support
and use
resources**

**1- Engaging methods like
flashcards and summarizing
improve focus and memory.
Regular review in small chunks
helps attention and recall.**

**2- Ask for accommodations (extra time,
quiet space) and use school resources
for support.**

**3- Use routines and tools (planners,
alarms, to-do lists) to stay organized
and focused.**





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Real-life stories of learners & teachers struggling with online learning.

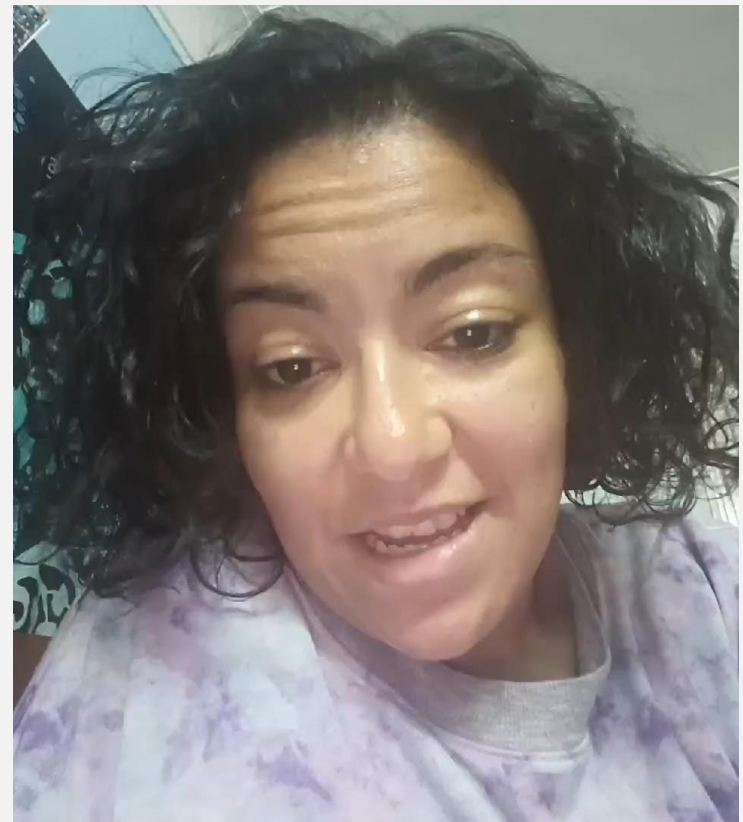


Israa Saleh

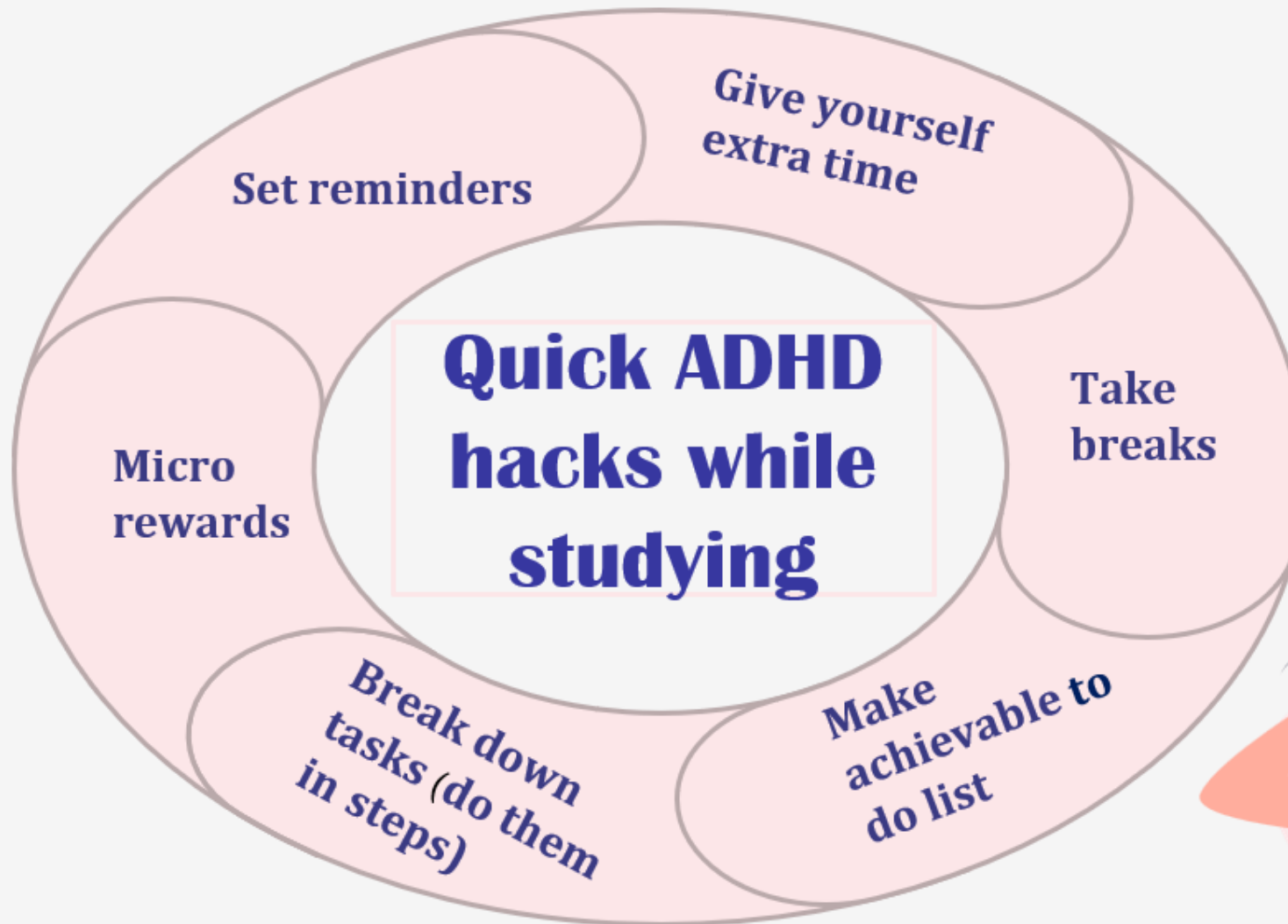


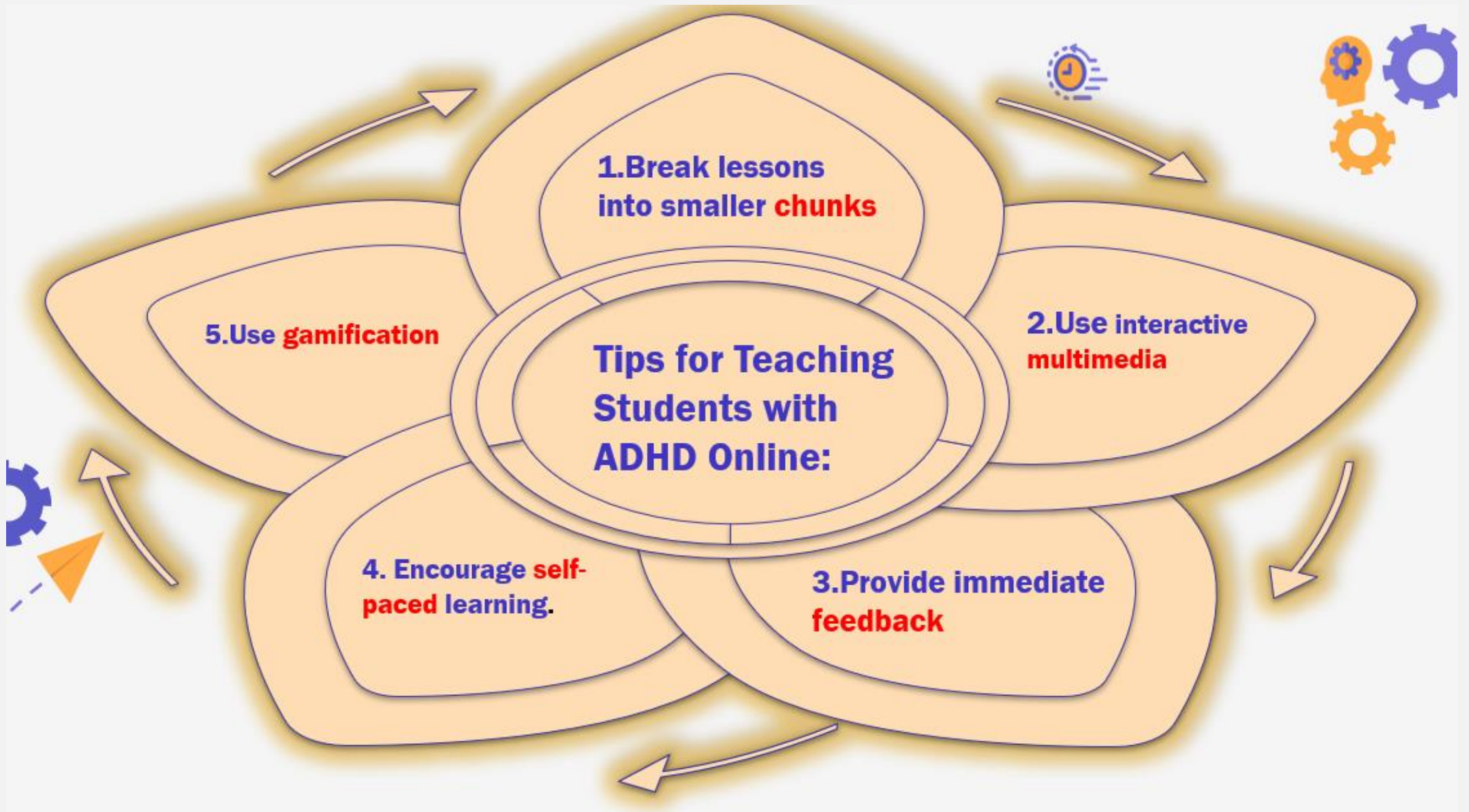
Armen Kassabian











Digital tools to better engage students with ADHD in online learning: Timer+

Open the Mac App Store to buy and download apps.



Timer+ · Multiple Timers 4+

Countdown, Stopwatch, Widgets

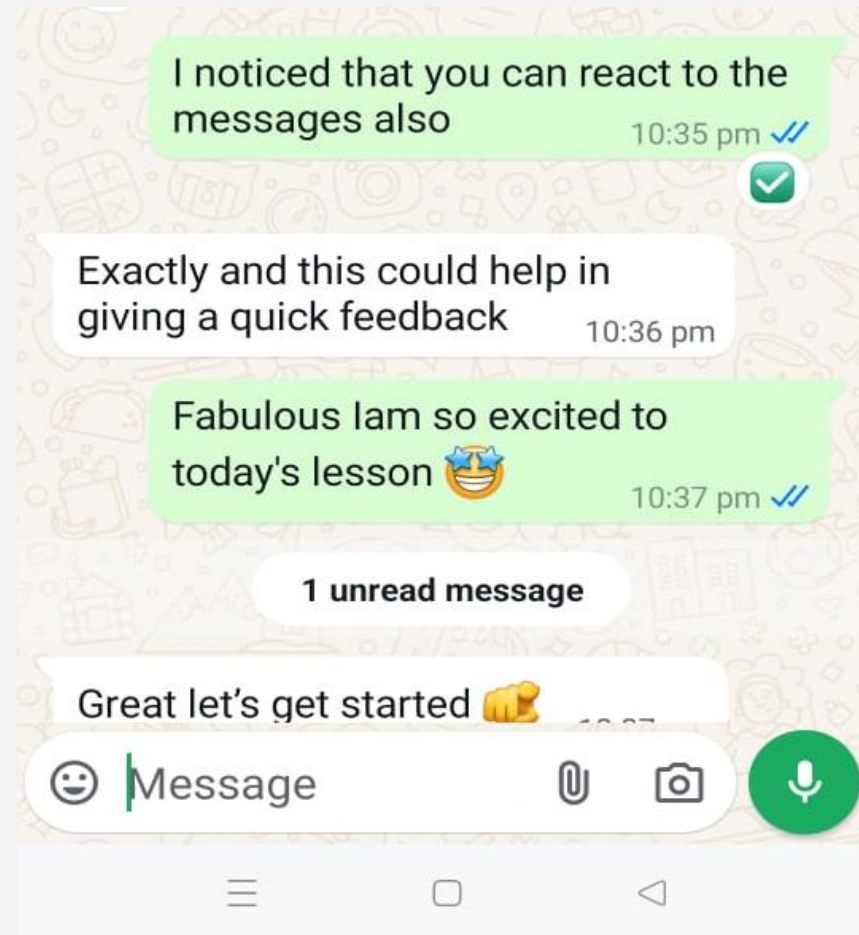
Minima Software

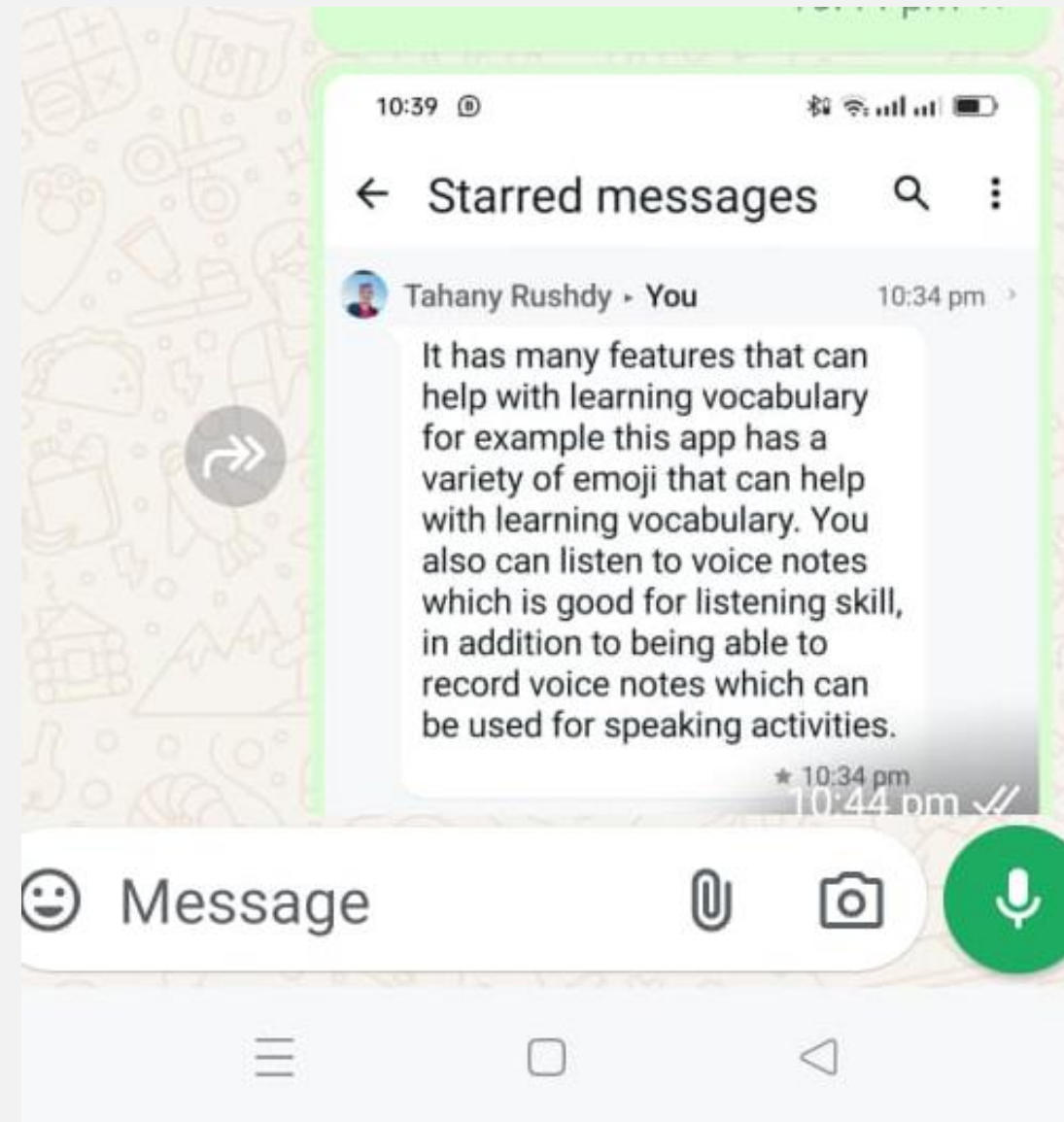
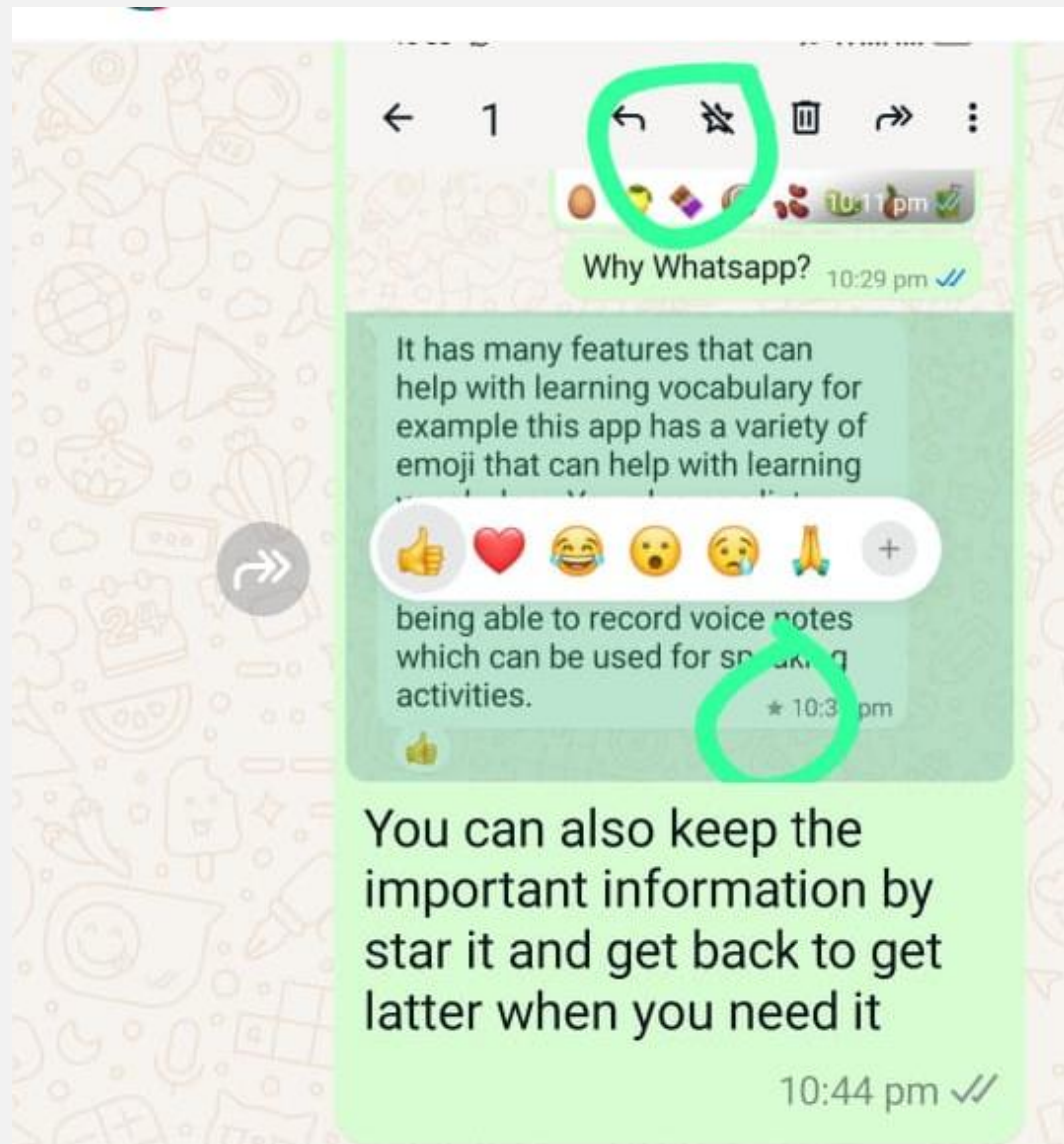
Designed for iPad

★★★★★ 4.8 • 38K Ratings

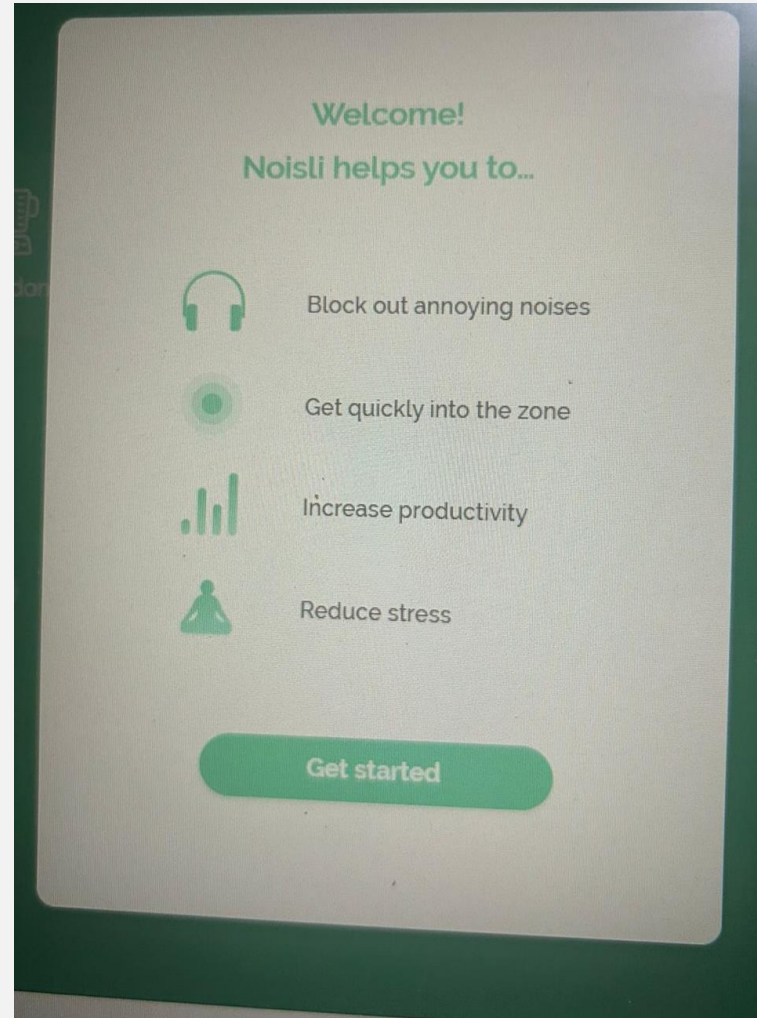
Free · Offers In-App Purchases

Using Whatsapp to teach English to ADHD learners





Noisli



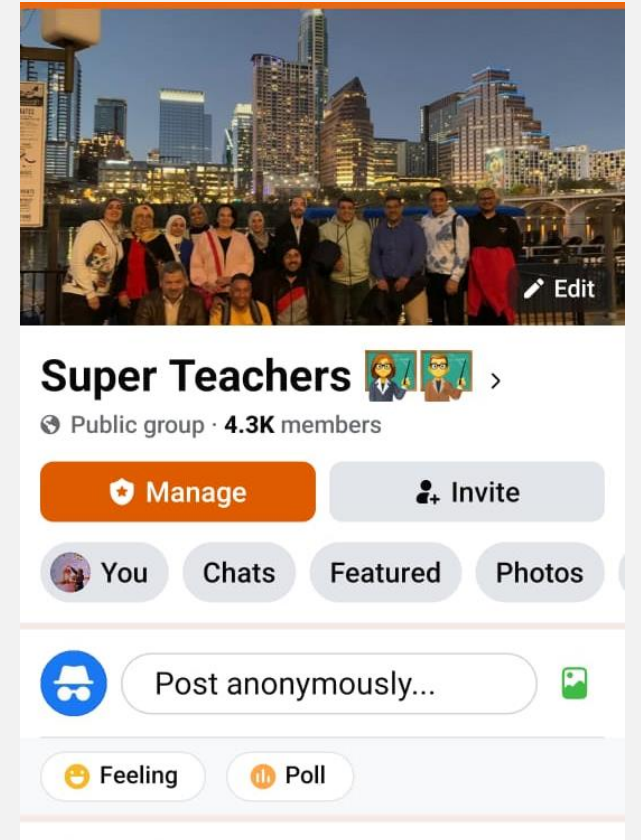
<https://www.noisli.com/playlists>

Contact me

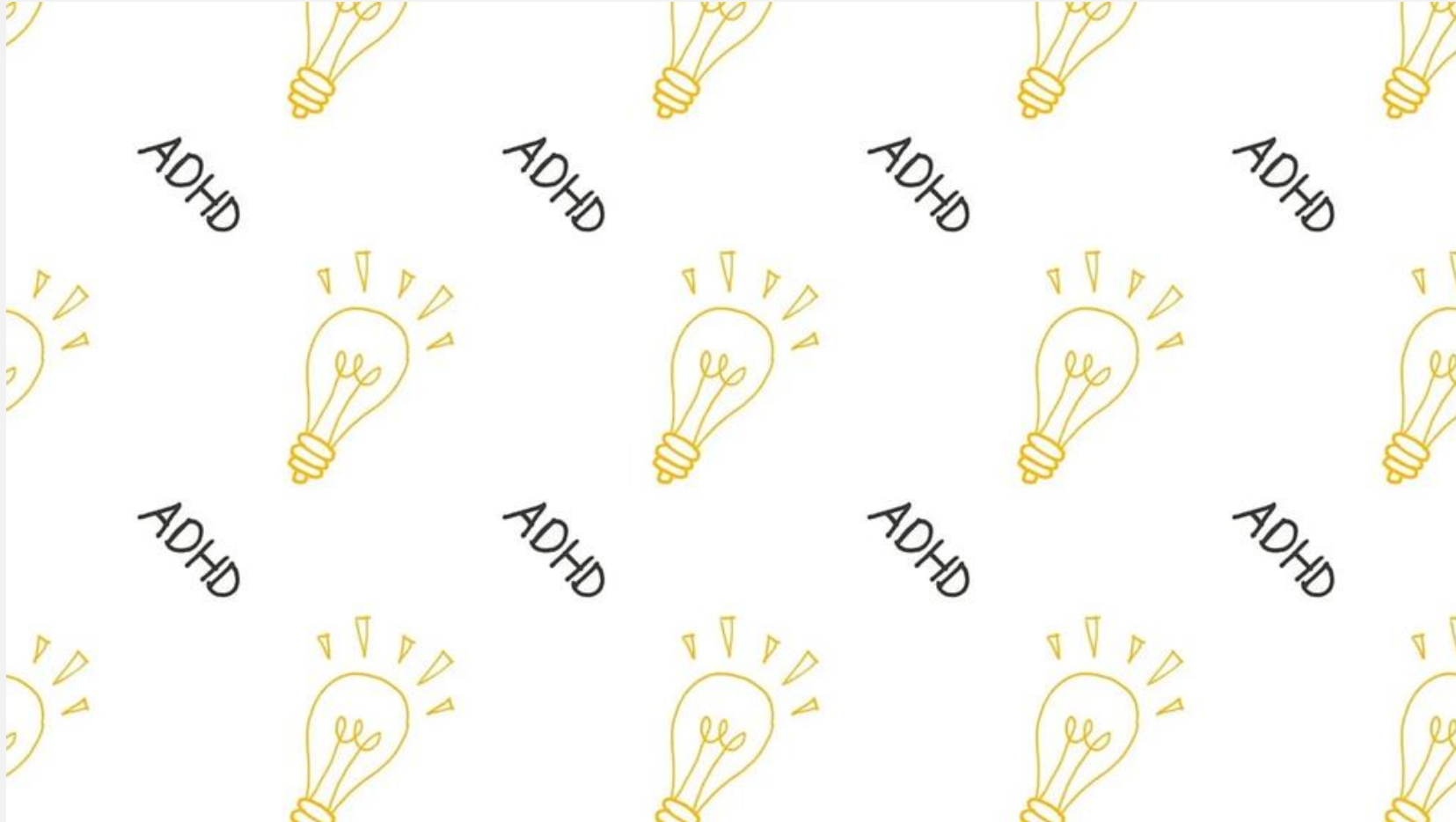
Facebook (Tahany Rushdy)

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Whatsapp :0201288128893



Q & A



Resources:



Thank you for coming

We would love your feedback

