Resources

Please note: I have added additional resources to the gender specific resources section. These weren’t in packets participants received at the conference.

Books

**ADHD Overview and Executive Function**


**College Students/Working with College Students (Life Skills and/or Academic Skills)**


**Science and Physiology of ADHD**


Resources (cont.)

Articles


Organizations and Websites

Attention Deficit Disorder Association (ADDA) www.add.org

ADDconsults Store (Products helpful for anyone with ADHD!) www.myADDstore.com/www.addconsults.com

ADHD Management.Com Your Go-To Guide for Living With Adult Attention Deficit Hyperactive Disorder adhdmanagement.com

Children and Adults with Attention Deficit/Hyperactive Disorder (CHADD) www.chadd.org


For Women:

ADDvance Answers to Your Questions About ADD (ADHD) www.addvance.com

ADD Consults: Helping Women With ADD Get Unstuck and On Track addconsults.com

Resources (cont.)

Gender Specific Research


Crawford, N. 2003. ADHD: a women's issue Psychologists are fighting gender bias in research on attention-deficit hyperactivity disorder. APA Monitor, Vol 34, No. 2 pg. 28


Nadeau, K.G. Is your Daughter a Daydreamer, Tomboy or "Chatty Kathy"? She may have undiagnosed Attention Deficit Hyperactivity Disorder, 2004. Published online http://www.addvance.com


Resources (cont)


Apps

Due Repeatedly reminds user of items that are due until completed.

Epic Win To-do list app with a role-playing spin. Completing each task earns the user XP (experience points) to improve and develop their chosen character in an ongoing quest to improve stats, gain riches, and level-up

Remember The Milk To-do list app. Key Features: add and complete tasks on the go, sync with Remember The Milk online (limit once every 24 hours) to back up tasks and notes. User preference organization with priorities, due dates, time estimates, repeating, lists, tags, and more. Tasks and notes search, and a way to save favorite searches as Smart Lists.

myShopi Shopping list app that lists items by category and updates items constantly. Can add favorite stores, each will have its own shopping list. Instead of a written list, myShoppi features images of products on list (user can take picture of particular products or download an image from Google which is an in-app feature) for fast list compilation and fast identification while shopping.

30/30 For anyone that has trouble completing tasks in a timely fashion, 30/30 can help. User sets up a list of tasks, and a length of time for each of them. When timer is started it will tell user when to move on to the next task. Focuses user on 2 main areas of time management: 1. What am I supposed to be doing right now? 2. How much time do I have left to do it?

Evernote Evernote makes it easy for the user to remember things of everyday life using a computer, phone, tablet and the web. Information is in one location, organized, and available through a simple search.

Task Timer Keeps track of time spent on tasks such as work, studies, etc. Allows user to create a list of tasks with time goals in hours, and keeps track of the amount of time spent on each task. This is an excellent app for people who underestimate how much time tasks will actually take.