

ADHD In Student Counseling

European Student Affairs Conference 2026, July 9th, Kiel, Germany

Dipl.-Psych. Christine Bartho

bartho@hpk.uni-kiel.de

Psychotherapy Outpatient Clinic of Kiel University

What is neurodiversity?





(Why) is neurodiversity/ADHD
on the rise?

What is ADHD?



Kiel University
Christian-Albrechts-Universität zu Kiel

What is ADHD?

NORMAL RANGE

Everyday struggles
that many people
experience
sometimes



Procrastination



Impulse purchases



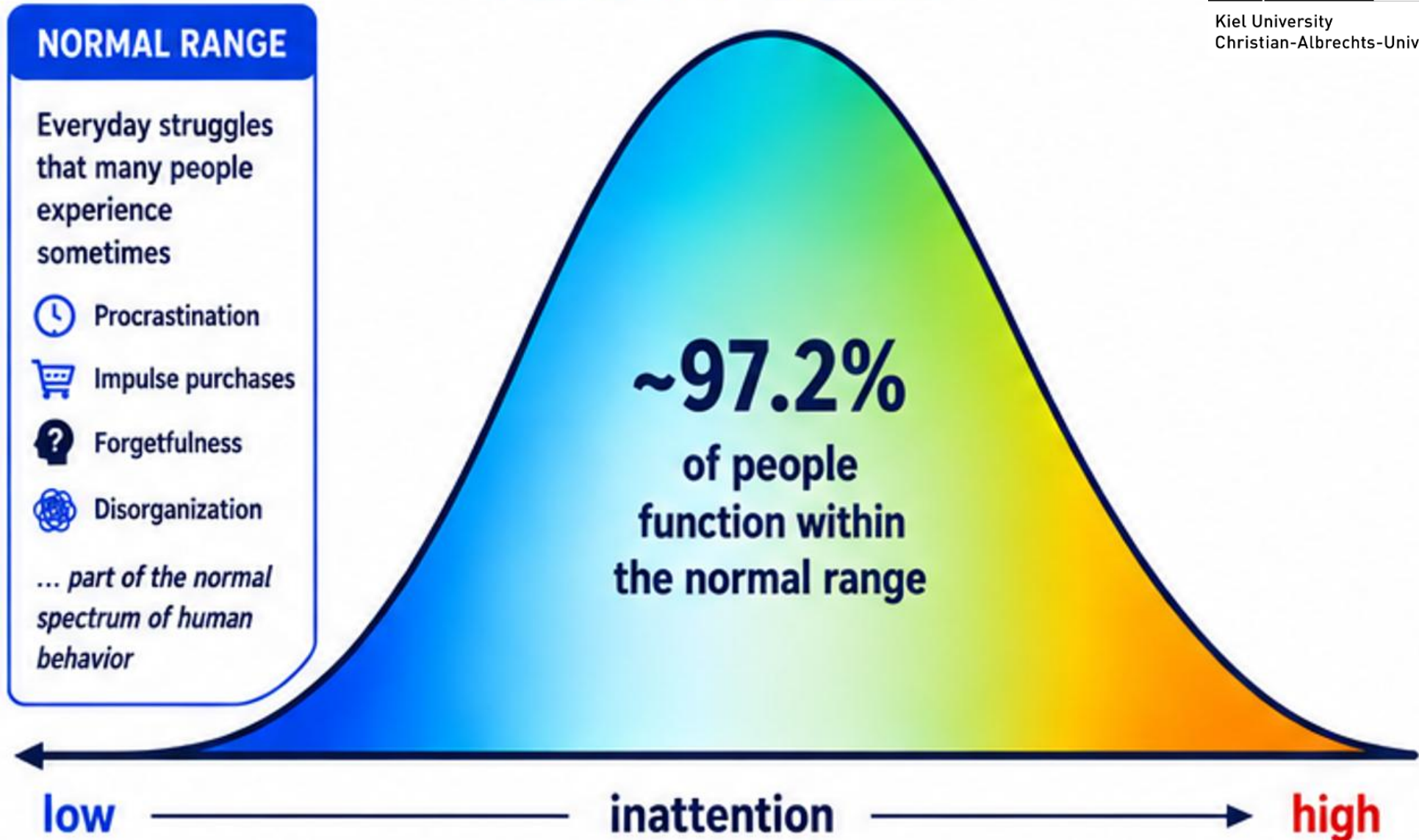
Forgetfulness



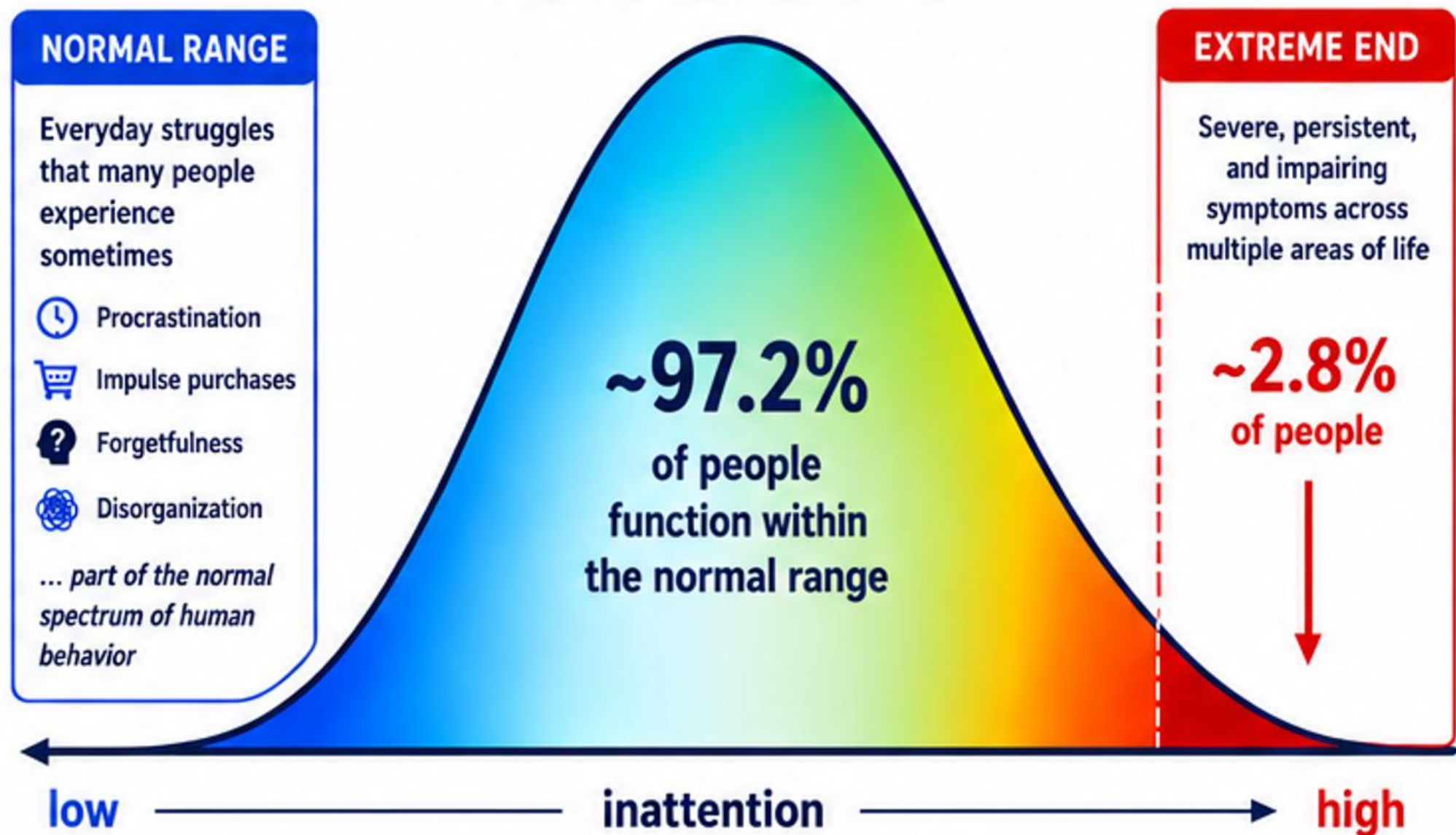
Disorganization

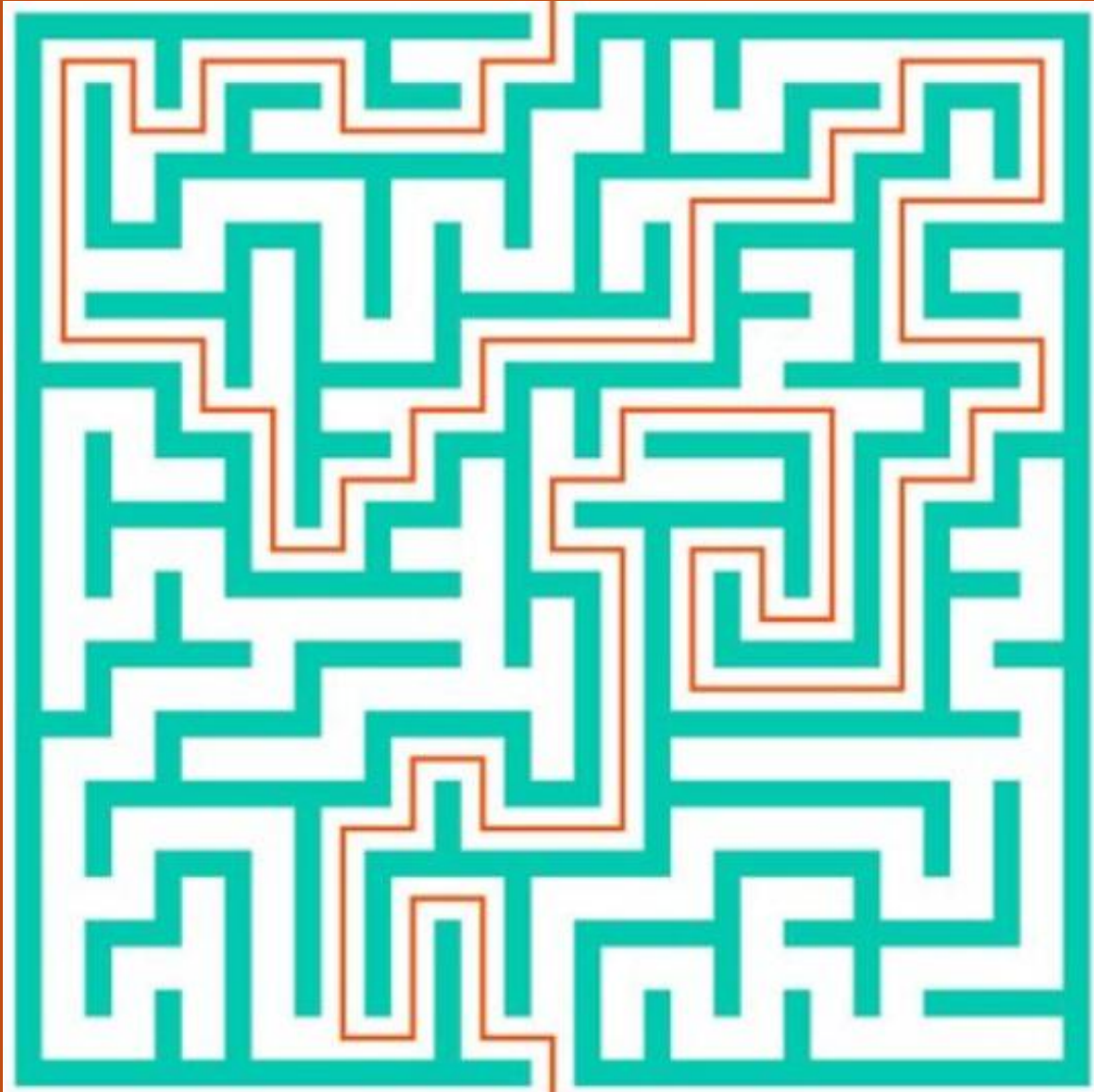
*... part of the normal
spectrum of human
behavior*

What is ADHD?

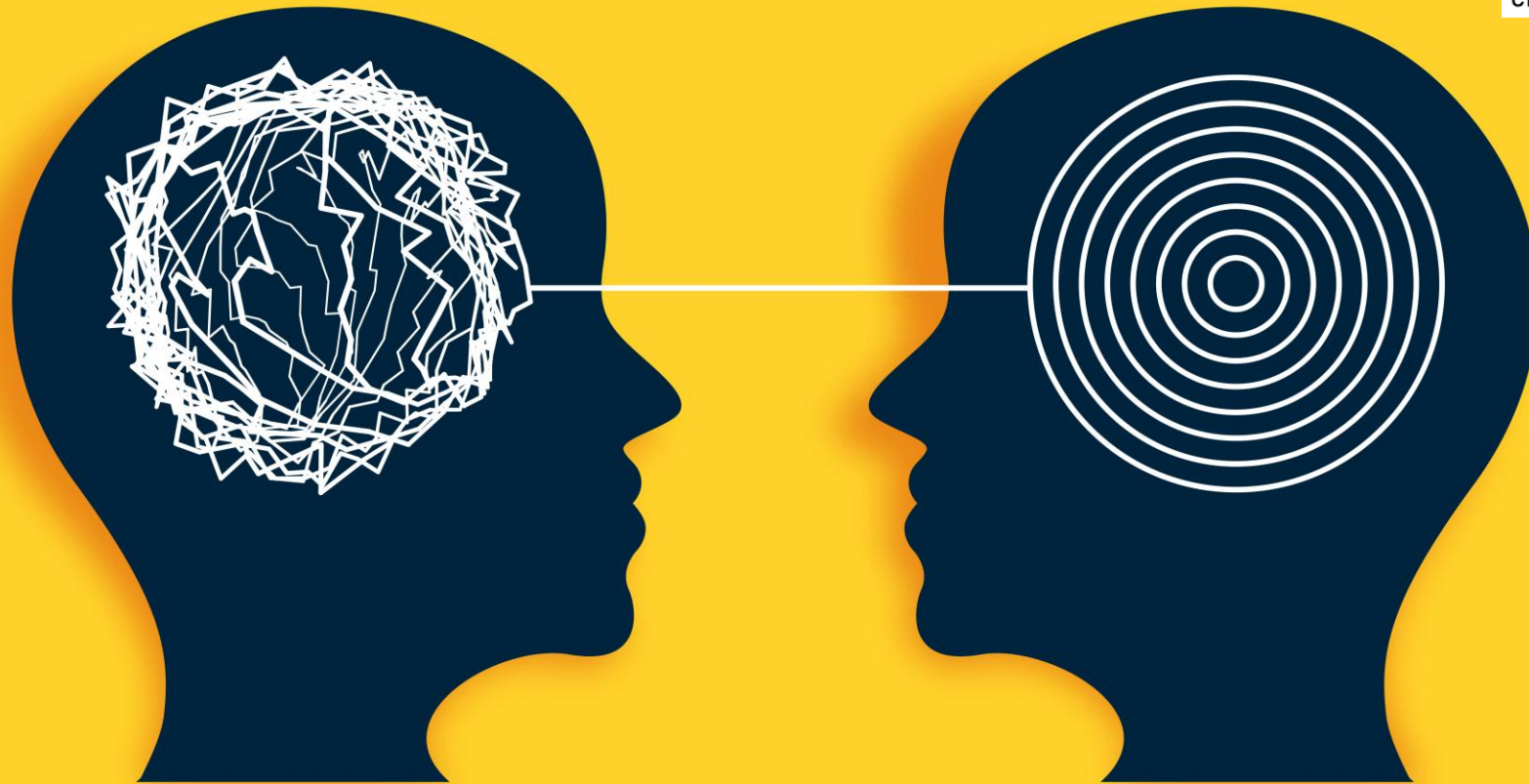


What is ADHD?





What challenges
do students with
ADHD face at
university?

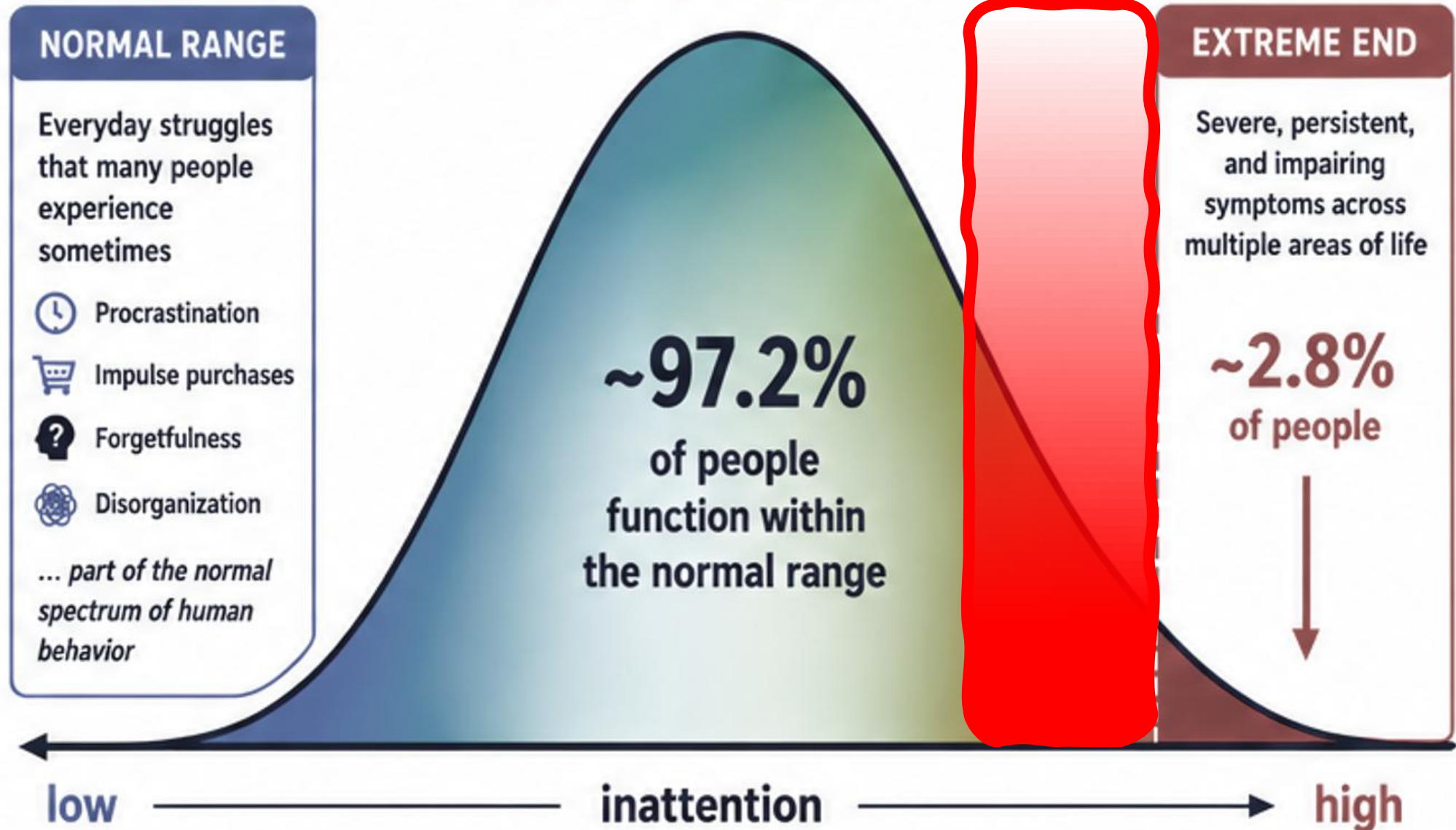


What issues arise when counseling people with ADHD?

How do we support students mental health?



What is ADHD?



How do we support students mental health?

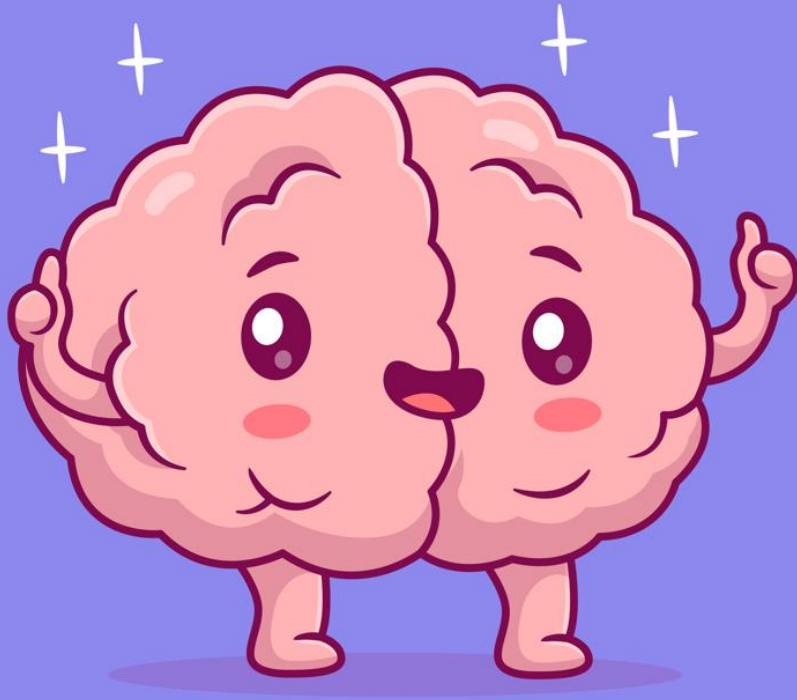


frequent feedback

Short input sessions

Stimulus shielding

Interactive learning formats



In what ways can universities
create a more ADHD-friendly
learning environment?

Vivid lecture

Teaching of Working and
learning Techniques

Thank you / Discussion



References

- Abdelnour, E., Jansen, M. O., Gold, J. A. (2022). ADHD Diagnostic Trends: Increased Recognition or Overdiagnosis? *Missouri Medicine*. 119(5), 467-473. retrieved from <https://pmc.ncbi.nlm.nih.gov/articles/PMC9616454/>
- Brown University Health Blog Team (2023, August 3). ADHD: Why Diagnosis of Attention Deficit Hyperactivity Disorder is Rising. Retrieved from <https://www.brownhealth.org/be-well/adhd-why-diagnosis-attention-deficit-hyperactivity-disorder-rising#:~:text=ADHD%20in%20children&text=The%20National%20Health%20Interview%20Study,percent%20and%20continues%20to%20climb>
- Doyle N. (2020). Neurodiversity at work: a biopsychosocial model and the impact on working adults. *British Medical Bulletin* 135(2), 108-125. <https://doi.org/10.1093/bmb/ldaa021>
- Hill, Ch. (2025). Rising ADHD and Autism Rates Reflect Education — Not a Crisis” retrieved from <https://www.additudemag.com/why-is-autism-increasing-neurodiversity-awareness/#:~:text=However%2C%20there%20is%20no%20clear%20evidence%20that,or%20certain%20medications%2C%20could%20play%20a%20role>
- Kiel University. Christian-Albrechts-Universität zu Kiel. Department of Clinical Psychology and Psychotherapy I (2026, June). Psychotherapy Outpatient Clinic. Retrieved from <https://www.uni-kiel.de/en/phil/psychotherapy-outpatient-clinic>
- Le Cunff, A.-L., Giampietro, V., Dommett, E. (2024). Neurodiversity and cognitive load in online learning: A systematic review with narrative synthesis. *Educational Research Review*, 43, 100604. <https://doi.org/10.1016/j.edurev.2024.100604>.

References

- Catalyststuff (2026). Schöne Gehirn mit Daumen nach oben Cartoon Vektor Ikon Illustration Menschen [image]. Retrieved from https://www.magnific.com/de/vektoren-kostenlos/schoene-gehirn-mit-daumen-nach-oben-cartoon-vektor-ikon-illustration-menschen-wissenschaft-isolierte-flache-vektor_417171311.htm#fromView=search&page=3&position=2&uuid=327ccb5e-2a1a-4582-900f-d1d64c45b30e&query=brain+comic+friendly?log-in=google%20%22%3EBild%20von%20catalyststuff%20auf%20Magnific%3C/a%3E%20https://www.magnific.com/de/vektoren-kostenlos/schoene-gehirn-mit-daumen-nach-oben-cartoon-vektor-ikon-illustration-menschen-wissenschaft-isolierte-flache-vektor_417171311.htm#fromView=search&page=3&position=2&uuid=327ccb5e-2a1a-4582-900f-d1d64c45b30e&query=brain+comic+friendly?log-in=google
- ChatGPT (2026, June). Grafik Standardnormalverteilung [AI-generated illustration]. <https://chatgpt.com/c/6a215e48-fa48-8330-8547-d3ebab1d1b32>
- Pch.Vector (2026). Sammlung von Cartoon-Gehirnfiguren, die eine kreative Idee haben [image]. Retrieved from https://www.magnific.com/de/vektoren-kostenlos/sammlung-von-cartoon-gehirnfiguren-die-eine-kreative-idee-haben-buch-zu-studieren-und-zu-lesen_28189428.htm#fromView=search&page=1&position=2&uuid=327ccb5e-2a1a-4582-900f-d1d64c45b30e&query=brain+comic+friendly?log-in=google%22%3EBild%20von%20pch.vector%20auf%20Magnific%3C/a%3E
- Pexels (2023). Kopf-Gesicht-Forschung [image]. Retrieved from <https://www.pexels.com/de-de/foto/abstrakt-kopf-gesicht-forschung-17484975/>
- Starline (2026). Abstraktes Labyrinth-Puzzlespiel-Banner löst das Rätsel [image]. Retrieved from https://www.magnific.com/de/vektoren-kostenlos/abstraktes-labyrinth-puzzlespiel-banner-loest-das-raetsel_48902931.htm#fromView=search&page=1&position=1&uuid=27bf2cad-9ad4-4b09-80c8-54a4f73eb796&query=labyrinth
- Starline (2026). Psychischer Gesundheitsvorsorge mit menschlichem Kopf-Design [image]. Retrieved from https://www.magnific.com/de/vektoren-kostenlos/psychischer-gesundheitsvorsorge-mit-menschlichem-kopf-design_201338013.htm#fromView=search&page=1&position=2&uuid=ee8210bd-8ceb-43d2-8a2a-43a75b9926a4&query=cognitive+counselling