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# Adolescent Medicine & Child Psychology

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### **Attention Deficit Hyperactivity Disorder: The recipe of success**

**A**DHD is not a simple hyperactivity, nor a behavior disorder. It is a brain disorder that affects students' executive functions. Executive functions proved to have an enormous impact on memory, awareness of time, being organized, getting started and following direction. Would these skills be a better predictor of academic success than IQ scores? Are executive functions the new IQ? What are these skills that ensure school success and impact learning and behavior? How to recognize these skills? How do all these skills enable an individual to effectively create a goal, form a plan, and self-monitor through tasks? In this session, we'll try to identify how EF deficits are impacting ADHD students' ability to successfully use classroom learning and what are the accommodations and strategies teachers may use to enhance them.

### **Biography**

Huda N Shaaban has completed her PhD in Educational Psychology with a specialization in Learning Disabilities. She has an intensive expertise in: Educational leadership, Learning Disabilities, Brain Based Learning, Dyslexia, ADHD, and Behavior Management. She has more than 22 years of experience in working with youngsters, youths and families. She served as an Educational Specialist, Program Coordinator, Educational Consultant, Researcher and Lecturer at Lebanese University as well as a School Director. She was assigned by the United Nations Development Program (UNDP) as an Expert Consultant in LD/ADHD to support the Kuwaiti Association for Learning Differences (KALD), during which she has planned and organized many national and international conferences, forums, training sessions, and initiated many public LD/ADHD awareness campaigns. Currently, she is the Assistant Director for the Disability Services at American University of Kuwait working directly with students in identifying accommodations resources and needs, to ensure them an equitable chance of success. She is a certified ADHD Coach for the International Coaching Federation (ICF) and is the founding member and President of the Learning Difficulties Professional Association in Kuwait (LDPA) that was founded on November 2002 in Kuwait.

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