

IND-1414A: Neuroscience of ADHD & OCD

Course Syllabus

- **Instructor: Dr. Maryam Torbati**
- **Number of Credits/Units: 3 Semester Credits/Units**
- **Format: Online Self-Paced Course**
- **You will have 6 months from your date of registration to complete the course.**

Course Description

This course addresses the neurobiological origin, its effect on learning, & emotional managing & brain development. ADHD is commonly affecting 7 MILLION & OCD is affecting over 4 million. These students are in every classroom, often unrecognized & unidentified. We will be exploring strategies for teaching students with these disorders. We will also cover information on ways of beneficial for the students according to the latest brain research

One of the questions parents often ask is, “What can be done at school to better accommodate my child who are dealing with these special abilities?” Whether you are a parent, principal, or a teacher, they are easy ways of teaching and reaching everyone. New accommodation for students who have ADHD or OCD or students who may be called at risk.

The focus of this course will be on developing an understanding of ADHD & OCD and effective approaches. I want to share with Participants the definition and characteristics of ADHD & OCD and how to teach a person with these superpowers using a systematic, multisensory approach. By the Completion of this course, you will be led to a more understanding & approaches to teaching these wonderful students!

Participant's Learning Objectives

As a result of this course, the participants will:

- Understand the brain and all its functions, the how and why ADHD & OCD occur and what to do about it.
- Demonstrate a basic understanding of natural way learning development.
- Demonstrate an understanding of the definition and characteristics of ADHD & OCD.
- Demonstrate mastery of the initial components of attention and focus, creating an environment in which they finish their work without disruption.
- Complete set of strategies including lesson plans, notes, and progress reports.
- How do students with these superpowers feel about their learning?
- Develop appropriate ways to create lessons in a multisensory method
- Participants will learn all about how ADHD & OCD impacts the brain
- Participants will learn about ways to teach subjects with high intensity & deliberation in a very visual way!
- Participants will learn evidence-based research on ADHD & OCD
- Participants will take away many activities to implement
- Participants will learn about the environment, social & emotional part of teaching kids who are low in their confidence and self-esteem.
- Participants will learn the influence and effectiveness of visual ways of instruction

Course Objectives

By the end of this course, students will be able to:

- Accept ADHD & OCD as a reality in classrooms
- Understand the impact of ADHD & OCD on learning and the body
- Identify symptoms and types of ADHD & OCD
- Recognize barriers faced by ADHD & OCD students
- Apply research-based teaching strategies
- Create effective lesson plans and activities
- Use technology to support ADHD & OCD learners
- Foster a supportive classroom environment

- Develop materials and methods tailored to ADHD & OCD students
- Understand emotional and social aspects of ADHD & OCD
- Recognize famous individuals with ADHD & OCD
- Discover how we learn, and how they learn?
- Explore how memory GRAPHIC can help
- Compare/contrast different learning styles as it relates to ADHD & OCD
- Demonstrate an ability to organize and synthesize information as it relates to them
- Communicate information on how students learn
- Explore how memory GRAPHIC can help
- Compare and contrast different learning styles as they relate to ADHD & OCD
- Demonstrate an ability to organize and synthesize information as it relates to ADHD & OCD
- Improve student learning and understanding
- Engage students in activities
- Help students develop critical thinking skills based
- Match teaching strategies to the foundational understanding of reading development
- Mastery of phonological components of written English
- Skills to document learning progress
- Multisensory teaching techniques
- Tools to support language acquisition and literacy
- Strategies to build self-esteem and emotional resilience
- Awareness of linguistic influences on reading and spelling

What is ADHD & OCD

ADHD and OCD according to Harvard:

ADHD is characterized by attention problems, hyperactivity and impulsiveness, which can interfere with daily functioning. It is the most common mental health issue seen in children and adolescent settings, affecting more than 5% of children. Boys are diagnosed with ADHD about twice as often as girls. ADHD can continue into adulthood, leading to problems with memory, concentration, organization, and meeting commitments.

OCD is marked by intrusive, distressing thoughts (obsessions) and the need to perform repetitive behaviors (compulsions) to alleviate distress. It affects up to 3% of people worldwide and can be triggered by environmental influences or family relationships.

Optional Textbooks

1. *Your Brain's Not Broken: Strategies for Navigating Your Emotions and Life with ADHD.*
2. *You, Me, and Our ADHD Family: Practical Steps to Cultivate Healthy Relationships.*
3. *How To Help Your Child Thrive With OCD: A Parent's All You Need to Know Guide to Help Children with Obsessive Compulsive Disorder.*
4. *Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry.*
5. *How to Cope With OCD: Practical Strategies on How to Deal With OCD.*
6. *Mastering Intrusive Thoughts: Practical CBT Techniques for Managing OCD (Cognitive Behavioral Therapy Self-Help Guide: 15 Steps to Mental Health).*
7. *Book 2 of 6: Cognitive Behavioral Therapy Self-Help Guide: 15 Steps to Mental Health Links to an external site.*

Assignments

Module 1: Introduction to ADHD & OCD

- **Assignment 1.1:** Reflection and Goals

Module 2: Understanding ADHD & OCD

- **Assignment 2.1:** Meet ADHD & OCD
- **Assignment 2.2:** Reflection Forum

Module 3: Preparing to Implement Teaching Methods

- **Assignment 3.1:** Planning to Teach ADHD & OCD Learners
- **Assignment 3.2:** Reflective Forum

Module 4: Planning and Presentation

- **Assignment 4.1:** 3-Day Lesson Plan
- **Assignment 4.2:** PowerPoint Presentation (10 slides + 2 summary slides)

Links

<https://youtu.be/QkiW1tPP02s?si=jjVmIVrCu7cd6LS5>

ADHD: Signs, Symptoms, Solutions

https://youtube.com/shorts/xvYl_JGgcdI?si=Hi94ev8Tn5004BBJ

Dr.Ho

https://youtu.be/CeL-JYtvZL0?si=_FDMCdfR92ujuFlo

6 VERY POSSIBLE

<https://youtu.be/cmB8LI8ATB4?si=MbnmSK1m7i4yIlSv>

12 SHOCKING BRAIN /FACTS

https://youtu.be/8woD0Oq6O_0?si=ytC5UcCHCpHD8BBJ

25 facts

<https://youtu.be/D7QUxM0IPdU?si=wrIa-yC7LZsrUx5k>

what is ADHD

<https://youtube.com/shorts/Csbr838X0ys?si=l9BfzwL3dvVLifb4>

ADHD & DEPRESSION & MEMORY

<https://youtu.be/Dr-c2g9GY84?si=OTPo03lK0j6qrTbp>

BOARD

<https://youtu.be/LOkEvGV-L4U?si=b7O3gzCIhcbpLKM2>

ANXIETY OR ADHD

<https://youtu.be/FF8gpsffwh0?si=Hsv2YVSzMZqtDdOV>

THINK ABOUT YOURSELF

<https://youtube.com/shorts/Oj7GXqHnO5w?si=3LsKy5hmL5KEDUI6>

WHY ADHD FUELS ANXIETY

https://youtu.be/wPhNJtFiGQI?si=xse2B1Sf_nTBgXS4

ADHD REALLY LIKE

<https://youtu.be/K-qh4NRdmGU?si=veFVXqWNfFTehBME>

KIDS

https://youtu.be/1t9UHQgtDfU?si=PpHbB_rGFQh5YPFm

WHAT IS IT

https://youtu.be/OM0Xv0eVGtY?si=r_YiNKOk0AAq3WrP

MOTIVATION

<https://youtu.be/EpfeWrkV3os?si=VrXbmJislAnMU6ZP>

THE BRAIN&ADHD

<https://youtu.be/FF8gpsffwh0?si=SLSAiDu3F0uO8WCh>

3 WAYS MAKES YOU THINK ABOUT YOURSELF

https://youtu.be/yj6_1t1PAcE?si=Fgs5jQPQHZKGXoAB

STRATEGIES

https://youtu.be/yJM_GeKdZ6c?si=OF3lnK1ePT4402jv

ADHD OR ANXIETY

<https://youtu.be/iXnVjqeAzP4?si=i4Gft0kR547DfxKD>

OCD

<https://youtu.be/G0WtbB-G6fc?si=FHySn6NtA6tCOpid>

ADHD TEST

<https://youtu.be/ToN-y8CNl-Q?si=xyrEcR3Eko8a49ss>

ADHD ADULT

<https://youtu.be/SfP9T5GwbZk?si=OBOKPcFcr5DPCXBk>

Anxiety or obsessive compulsive disorder?

<https://youtu.be/hnlxhKe0TvE?si=T0GrrTi6L-Y0AdcT>

TIPS FOR TEACHERS

<https://youtu.be/CCmtc-XlnEk?si=bXU4lH5-84JPDCXX>

ANXIETY TEST

<https://youtu.be/w8JnDhp83gA?si=NrW8eW-91iy1uZEI>

2-Minute Neuroscience: ADHD

<https://youtu.be/mOopPKdd1wI?si=34HcQgidk1rSBwos>

7 differences

https://youtu.be/7PnaSdQ9EZo?si=JBtdFqqh7543P_ON

5 facts of OCD

https://youtu.be/EK_COd--VCw?si=BliCIv1xa8QMuw47

SIGNS

<https://youtu.be/tRYtclhcR4E?si=g3Hc2v1CHlWaPx7O>

What OCD Symptoms Look & Feel Like

<https://youtu.be/hiCMhWonjc0?si=66gaAK00Vk1JtmZI>

Signs You Might Have Untreated OCD