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## Ascending Diverse Learners

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## **ASCENDING DIVERSE LEARNERS**

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One of the main challenges students with ADHD and similar disabilities faced is being able to structure self-directed study time outside of class and without intervention from teachers and parents. Students with ADHD will often use “body doubling”, that is, working in the company of other people, at the library or at a coffee shop, as a way of self-imposing structure and accountability. During the pandemic, the use of these and other similar venues such as coffee shops and libraries has been problematic. My project is to investigate the efficacy of using “body doubling” in a virtual setting (via video conference calls) to accomplish similar goals.

My project will investigate how students with ADHD and similar disabilities are able to increase their self-efficacy in completing homework and studying by using virtual environments to “work together.” I plan to do this in the form of a virtual study hall conducted two times a week. I also plan to conduct a survey that will not only be composed of questions surrounding studying but also that pertain to their day-to-day activities like exercising and nutrition. I am finding that as I begin my research journey having a high metabolism is very important for students with disabilities. Therefore, my hope is that everyone who comes to study hall will be willing to work on their metabolism either through exercise or nutrition during the study.

That said my goal is to get a group of about 20 to 30 first generation college students with ADHD or similar (Executive Function) disabilities who struggle with studying and completing tasks on time. I plan to recruit participants by connecting with groups of students with ADHD and Executive Function disabilities through associations and groups on social media for students with ADHD. I will also reach out to the different NEIU departments that assist diverse learners. Once the connection is made, I will host biweekly coaching sessions to support student success and connect students with ADHD resources.