

Root cause of Lateness/Procrastination:

- Time Blindness

Biological clock is impaired in people with ADHD:

- Impairment of suprachiasmatic nucleus
- Lose track of time passed
- Inability to correctly estimate the time needed to complete task

Inaccurate time estimations (over and underestimations) lead to task treated as worse (or better) than it really is

Larger task -> Harder to get started, more preparation needed

Value of time is less and ADHD person gets less things done in same amount of time, future estimations are skewed further

Retrospective time perception deficit:

- Neurotypical brains are able to accurately estimate how much a task took in retrospect, this is impaired in ADHD brains

People with ADHD have sensory hyper sensitivity

- Learning is done best through senses; Stronger learning for ADHD people
- Thinking -> happens in cortices
- Learning-> happens in hippocampus

Thoughts you have will not always be learned; rather things you learn show up as thoughts

Thalamus -> Processes sensory information; better for learning

Frontal Lobe plans things typically based learnt times from suprachiasmatic nucleus

Impairment means frontal lobe needs alternate way to learn -> Sensory information via Thalamus