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### **Implications for Practice and Research**

The results of this study have many implications. Although modest, this study constitutes an important contribution to the literature by presenting the unique perspective of French-speaking Canadians students with ADHD about their condition. In particular, they reported significant functional impairments academically. Institutions need to be aware of these impairments because results reflect more complex problems related to the inclusion of students with ADHD. Although some students seem to be functioning quite normally on the surface, their distress is unquestionable. Indeed, even though they reported having succeeded in school, it can still be extremely painful to live with that condition in postsecondary education. Efforts should be made to develop a more inclusive learning environment. For ODS counselors, it is also

essential that they assess and describe the functioning of students, thereby improving decisions on accommodations (Weis et al., 2019) and service offering.

postsecondary education. For instructors, it might be appropriate to adopt the principles of universal design for learning (UDL) (Rose & Meyer, 2006), which could benefit all students and not just those with ADHD. UDL offers several ways that specifically target deficit in executive function in students with ADHD. Overall, several approaches are effective in improving ADHD in students with ADHD. Nevertheless, it is essential to keep in mind that the most important thing is to help students transition from intent to action. Thus, ODS and instructors have a key role to play.

With respect to students' negative perceptions of their ADHD, it might be appropriate to support them in developing a better understanding of their diagnoses and inform them of supportive measures. Thus, there should be efforts to offer interventions that allow students to get to know themselves (e.g., strengths, needs, etc.), to accept themselves, to understand the impacts of the disorder, and to identify their needs. These are all essential skills in succeeding in postsecondary education

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