

ADHD medication, the trending 'Academic Steroids'

SAMIN SABAH ISLAM

If you're a student stressed about finals, praying for a miracle to pull you back from distractions and help you focus, you aren't alone. Which is why the current 'trending' taboo- the consumption of ADHD drugs as 'Academic steroids' -has raised interest among students as the go-to option for better grades.

Attention Deficit Hyperactivity Disorder or ADHD is a condition affecting the brain. A person with ADHD is hyperactive, and has trouble focusing. Medications such as Adderall, Eysvanse and Ritalin are the prescribed drugs for treatment.

Students using ADHD medications without showing symptoms claim that the medications enable them to have razor-sharp focus and the ability to pull all-nighters without distraction. This "smart drug" or "study buddy" is a stimulant which releases four types of amphetamine salts to promote focus and wakefulness in the body. They claim it's like putting blinders on and only seeing the words on the pages of their books. Nothing can distract them, which is enough to entice any stressed, overburdened student.

There is no single test that can be used to diagnose ADHD. It is diagnosed after a person has shown the symptoms of ADHD on a regular basis for more than



six months. This makes it convenient for many to deceptively present false symptoms which compel doctors to write them prescriptions for ADHD medication. The meds are also dealt around like any common street drug. Universities and colleges are beginning to place regulations with rigid

consequences regarding the discovery of students using these 'academic steroids'.

Even though ADHD medication is widespread in the United States, students around the world tend to get motivated upon hearing about this remedy. Before you start googling up doctors near you to fool into prescribing these drugs consider

the major downsides.

ADHD medication Adderall may seem harmless, but it is classified as a Class 2 drug, belonging to the same class as cocaine and morphine. Psychologically, students believe they need to consume a stronger dose to feel the same level of concentration. Increasing its dosage can bring about anxiety, mood swings, depression, suicidal thoughts, and even death. Furthermore, no evidence suggests that ADHD medications promote cognitive functioning. Contrarily, new evidence indicates that ADHD drugs are associated with deterioration in academic and social-emotional functioning.

And how disrespectful is it for people truly suffering from ADHD, who too are suspected of falsifying symptoms to get the medication? Not all students consuming Adderall and other meds are dishonestly claiming the disorder. Statistics say that around 11 percent school students are victims of ADHD.

So instead of getting hyped over this new 'academic steroid', take a good look at your life, drink a cup of coffee, and attempt to study like a regular student. (Unless you do have ADHD)

Samin Sabah Islam is on a quest to find the perfect diet while simultaneously drooling over pizza. Throw her some tips at sabahsamin11@gmail.com

Dealing with your Inner Negative Critic

ZARIN RAYHANA

I can't remember the last time my mind didn't nag about my imperfections in front of the mirror. Voices whisper that I'm not good enough, cajoling me to believe that I don't have sufficient potential for achieving my goals. Wallowing. Ruminating.

Am I the only one who does that? According to an online source, an alarming 85 percent of the world's population suffers from low self esteem.

So here's the thing, self criticism can assist us sometimes, especially in making good decisions. But excessive negative self-criticism always backfires. We don't look cute when we are wallowing because we are not baby hippos. Instead, respond to your inner critic by writing down a more down-to-earth and considerate assessment of yourself after embracing your flaws. Who in the history of earth didn't have flaws?

Know your critical inner voice is not always true. Take a look at yourself more carefully, identify that your point of view and your visceral interpretation of yourself are different from each

other. For example, you might be on a my-waist-is-too-big kick but in reality, you could have just the ideal body shape that was admired during some particular era in history. Who says everybody has to be ultra-thin or curvaceous in order to look attractive?

Take actions that represent who you want to be as a person, and what you want to aim to do in the future. Don't give up hope if your family wants you to be an engineer but you are bad at maths, don't question your potential; know every individual is different, and discover your true talents. Attempt to make your parents understand the fact that not everyone's au fait with everything.

And seriously, don't bother about your looks. Who cares? Sure, you can hide the pimple marred face with concealer and make yourself presentable by wearing neat clothes and spraying some perfume, but also understand that your looks only represent your genes. It's your demeanor that represents who you are. The number of people who'll judge



you based on your "face" and "body" is only about as big as the width of one of your body's microbes, so you might not want to care about that either.

Thus, stop saying "Yes mein Fuhrer"

to your inner critic when it starts self-hating, and use 10 seconds of extreme courage to drive the little Nazis away. Stop worrying about things you can't change and start working for the things you can change. Godspeed.