



*Setting Up for Success*  
*An ADHD College Prep Protocol*  
*for 16–18-year-old Students and Their Parents*

**PHASE ONE: For Students Who Have Not Yet or Recently Graduated High School**

**Purpose:**

The College Prep Protocol exists to promote the acquisition of self-awareness and internal ability to regulate, manage and thrive and requires a minimum of 14 weekly sessions to complete. Under certain coach-approved circumstances, student only sessions may be increased to two per week to complete the protocol prior to attending college classes.

**Intentions:**

**Students** with uniquely wired ADHD brains will explore their own brains and nervous systems and the body in which they are housed to become aware of all sources of information available to them as human beings and to understand the basics of ADHD neuroscience.

**Students** will explore and become familiar with their strengths as assessed and defined by the VIA Institute on Character. This assessment is not a personality profile, interest assessment or aptitude test. Rather, it provides relevant language to describe what is at the core of the individual, a constant resource for making the most of the positive attributes of the ADHD brain and for minimizing the potential negative consequences of ADHD behaviors as well.

Additionally, **students** will explore and become familiar with executive functions of the brain, those functions which execute tasks from the micro to the macro. Differentiating among the known 11 (maybe 12) “executing functions” offers insight into those which may be less developed or more developed and which may be the better “starter” for tasks. This fosters greater precision and sustainability in developing self-awareness and experimenting with self-determined scaffolding or guardrails to enhance the efficacy of the student’s executive functions.

**Parent(s)** will actively participate in a coaching process, exploring the same tools (VIA and EF Insights), adopting a common language from those tools and experiencing coaching individually (or together when there is more than one parent involved in parenting) in order to create, maintain and/or enhance healthy relationships between parents and adult children in college and beyond.

## Program Requirements:

### Parent(s) Only Sessions (Required, 50 min each)

One (Individual/Joint) Intake Session

*Observations of Child's Successes, Struggles*

*Wants and Wishes for the Child*

*Wants and Wishes for Themselves as Individuals and Parents*

*Review of Individual VIAs*

One Individual Session (per parent)

*Executive Functions/Coaching*

*Additional sessions may be scheduled beyond this minimum.*

### Student Only Weekly Sessions (Required, 40 min each)

(1) Intake/What is ADHD?

*Perceptions of Struggles*

*Perceptions of Successes*

*Wants/Wishes for Self*

*Basic Neuroscience (Interest, Dopamine, Areas of the brain)*

*ID ADHD Traits*

(2) VIA/Executive Functions (Exploration)

*Who am I?*

*How do my Executing Functions show up for me?*

*Self-Awareness/Self-Talk (language matters) and Making Memories*

*Impact on Future Self*

*Influence on Major/Minor/Career*

(3) EFs 1 and 2/Coaching

(4) EFs 3 and 4/Coaching

(5) EFs 5 and 6/Coaching

(6) EFs 7 and 8/Coaching

(7) EFs 9 and 10/Coaching

(8) EF11/Coaching

*Getting to Done OR Managing Emotions/Stress*

- (9) Coaching  
Rituals vs Routines, Guardrails vs Structures (Time Use OR Making Choices)
- (10) Coaching  
Speaking Up for Self, Communicating with Others OR  
Processing/Note-taking and Other In-Class Tasks
- (11) Coaching  
Self-Care/Boundaries
- (12) Coaching  
Student determines the focus
- (13) Coaching  
Student determines the focus

**CONTACT DONNA FOR PHASE ONE PRICING INFORMATION**

## **PHASE TWO: For students who are already attending or will be attending college in less than 14 weeks**

Please Note: Coach accepts no more than six (6) students into Phase Two per fall or spring semester.

If the student is already in college and did not participate in Phase One coaching, student only coaching sessions will follow a compressed version of the Phase One protocol with an emphasis on applying self-determined experimentation to their existing or anticipated struggles. Parent Only Sessions will, likewise, follow the protocol of Phase One.

If the student participated in Phase One coaching, student only coaching sessions will emphasize the application of earlier experimentation/iteration to their current experience and may include content refreshers as necessary.

Accountability sessions differ from coaching sessions in their intent to define and document upcoming deadlines/intentions and now/not now planning to meet those deadlines/intentions. Sessions require reporting successes from the previous session's documentation and awareness-building of what, if anything, got in the way of success.

Coach must be provided a digital copy of all course syllabi at its earliest availability and a PDF of assignments listed by module as they become available if the course is using Canvas or other educational management software to manage assignments. Coach does NOT want or require access to student's online accounts.

### **Program Requirements:**

#### **Parent(s) Only Sessions**

Individual or Joint Session	1 session the week before semester begins
Individual Session(s)	1 session each during Week Three of semester
Individual or Joint Session	1 session during Week Five of semester

*If there is more than one parenting parent, joint sessions are required.  
Additional individual or joint sessions may be added by request.*

#### **Student Only Sessions**

##### **PACKAGE A:**

Bi-weekly Coaching	8 sessions
Twice Weekly Accountability	30 sessions

*Coaching must begin the week prior to class attendance.*

*Accountability begins the first week of classes (M and Th or Tu and Fri).*

**PACKAGE B:**

Weekly Coaching	15 sessions
Weekly Accountability Session	15 sessions

*Coaching must begin the week prior to class attendance.  
Accountability begins the first week of classes (Th or Fr).*

**PACKAGE C:**

Bi-weekly Coaching	8 sessions
Bi-weekly Accountability	8 sessions

*Coaching must begin the week prior to class attendance.  
Accountability begins the first week of classes (Th or Fr).  
Coaching and Accountability alternate weeks.*

**AVERAGE PACKAGE COST COMPARISON**

**CONTACT DONNA FOR PRICING INFORMATION**

**OPTIONAL ADD-ON SESSIONS**

**CONTACT DONNA FOR ADD-ON SESSION PRICING INFORMATION**

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For more information, please contact Donna at [donna@withertynes.com](mailto:donna@withertynes.com) or (612) 360-2123. Your questions are welcome, and you are invited to schedule a 25 minute no-cost exploratory conversation using this scheduling resource: <https://www.withertynes.com/schedulewithdonna.html>.

From time to time, this programming may be updated in content and pricing. Contact Donna to confirm any information if some time has passed since you last reviewed the program with her.