Charlotta Ringsdorf | ADHD, autism, dyslexia & severe migraines

I genuinely love learning. I study almost every day, participate in honours education, and often help other students with their work. At the same time, I live with ADHD, autism, dyslexia, and severe migraines that can make even looking at a screen impossible. Studying for me means constantly balancing ambition, exhaustion, pain, and unrealistic expectations from myself. I want other neurodivergent students to know that it is possible to succeed while still acknowledging that things are difficult. Part of me still worries that asking for support means I am somehow making things easier for myself unfairly. What matters most is learning how to work with yourself instead of constantly fighting against yourself.

Studying with a disability

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