

Dear [Tutor's/Lecturer's Name],

I have just started my [first/second/third year] at university and want to let you know that I have been diagnosed with ADHD (Attention Deficit Hyperactivity Disorder), a neurodevelopmental condition which can affect my focus, time management, and how I manage my coursework and [exams/assessments]. While I am committed to giving my best effort during my time at university, I might need additional support to help me stay on track.

I am keen to understand which resources may be accessible to me through the university. Thank you for your time and support.

Best regards,

[Your Name]

[Student ID]

[Course Name]

Example