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PALS

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(412) 246-5656**

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PALS NEWSLETTER

Volume 9, Issue 1

February 2013

PALS Study to Expand! Study to continue for another 5 years:

As noted in the November, 2012 newsletter, the PALS Study has been refunded by the National Institutes of Health and we will continue interviews through August, 2018. We will maintain the same interview schedule: young adult (and one parent) at approximately ages 27, 30, 35, and 40.

Nearly 30 new PALS participants return after 16 plus years:

We wondered if some of the individuals who were not available to participate when the study began, in the 1990s, might be interested in participating now. We decided to contact them again, and we are pleased to report that many have said "yes." It's been very exciting to meet these people and to enrich the PALS study with these young adults.



To date, 26 new participants have enrolled in the study and 17 more are at various stages of recruitment. These enrolled participants bring the total number of PALS young adult participants to 630: 390 with a history of ADHD and 240 comparison subjects. Although it will take time, we look forward to sharing these enhanced results of our study with this expanded sample as everyone passes through their 20s and 30s. Each participant brings important added value to the study – another story, another life trajectory, that can be added to our understanding of the paths taken by those in the PALS.



PALS Offspring: In the next several months, we will begin a small pilot study with the children of PALS participants who are between the ages of 4-12. Dr. Molina will be working with WPIC researchers Susan Perlman, PhD and Katerina Velanova, PhD whose expertise pertains to studies of brain functioning and behavior in children. The purpose of the pilot project is to study the

way the brain works in children who have a parent with a childhood history of ADHD. It will allow us to determine the feasibility of conducting a future, larger study. We will use functional magnetic resonance imaging (fMRI) with children while they complete tasks like simple computer games. fMRI allows us to examine the structure and functioning of the brain while individuals activate the brain to complete tasks. There is rapidly growing interest in brain development in children and how it relates to behavioral and psychological health. The increasing number of children being born to PALS participants provides a unique opportunity to address questions in this area of research. Prior to participating, an introductory letter will be sent and we will conduct a brief telephone screen to determine eligibility for the project. We estimate there are approximately 185 children of the PALS ADHD participants, and of those, about 50 who live in Pittsburgh and are between the ages of 4-12.



Thinking about going back to school?

If so, you're not alone! Students over 25 now make up 47% of the new and returning student population on many of today's college campuses. These include students who may never have attended college or started college and then stopped; may have spent time in the workforce, the military, or in raising a family, and want to go back to fulfill potential. Going back to college has never been easier. Many colleges and universities offer re-entry student services and campus childcare centers, and flexible course scheduling with classes one night per week, on the weekends, or in an accelerated format. There is a ton of information about this on the web—just google “going back to college” and you will be amazed at the wealth of information that is available! We have pulled some of this information together that you may find helpful:

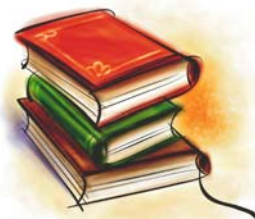
Should I go back to college? Consider responsibilities (marriage, children, work, or community obligations) to determine if you will be able to balance these with the time and commitment required to complete a degree program.

Do I really need a college degree? This depends on your personal career goals, but in general, the higher the education, the higher the salary, and the better the career options and security. Statistics project that 75 percent of future positions are expected to require at least some type of certification or licensure, and professions that require a bachelor's degree are projected to grow nearly twice as fast as the national average. That said, many certificate programs or vocational training can provide the necessary professional training and expertise. For a list of popular certificate programs, see <http://www.back2college.com/library/onlinecourses.htm>.

What would I earn with a college degree? According to the [U.S. Bureau of Labor](http://www.bls.gov), the average full-time employee with a bachelor's degree earned approximately \$53,300 a year, sixty-one percent more than an employee with a high school diploma or GED, with comparative yearly earnings of \$32,552. Employees with a bachelor's degree also had a lower unemployment rate than individuals with a high school diploma (5.2 percent to 9.7 percent).

If I Have My G.E.D. Can I Still Attend College? Where Can I Find my G.E.D. Transcripts? The G.E.D., or General Education Development Test, certifies that the student has attained high school-level academic skills. 97 percent of colleges accept a G.E.D. diploma as equivalent to a high school diploma for admission purposes. Need to find your G.E.D. transcripts? Information is available from the General Educational Development Testing Service.

<http://www.gedtesting-service.com/ged-testing-service>



What if I Never Took the ACT/SAT or Had a Low GPA in High School/College?

Usually, adults aren't required to take admissions tests (i.e., the SAT or ACT), for an undergraduate degree. Many colleges offer a placement test instead of admission test scores for older students, and don't consider high school performance or outdated test scores, especially with transfer students from community colleges. Many institutions will consider past academic performance and grade point average upon application, and often require a minimum grade point average for acceptance of transfer students. If your past academic history is below par, don't despair. Colleges know that adult students often improve their performance when returning because they take their education seriously and are very motivated. Such students are often given the opportunity for a new beginning. Also, even though you may not have done well in the past, old courses can be a source of college credit to your new degree. Remember that the poor grades themselves won't transfer to the new school—only the credit.

My Skills are a Little Rusty. Where Can I Get Help for English and Math? Many adults who have been out of school for some time feel they need a refresher in certain subject areas. Most colleges and universities offer learning centers or other academic facilities to help you assess your abilities, and also offer remedial programs that enhance your skills to help you succeed. Many of these programs are available on campus or online and through distance education.

If I Work Full/Part-Time, How Many Courses/Credit Hours Should I Take a Semester? A full-time college course load is generally 12 hours, though some students take up to 18 credit hours. Part-time study is generally 1 to 11 credit hours. Students are advised to study independently three hours a week for each credit hour. When you first begin (your first semester back), it is a good idea to attend only part-time. This will help you determine if pursuing a college degree is what you really want without committing a lot of time and expense.

Continued on Page 3

Thinking about going back to school?

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According to Laurie DeFiore (Freschinfo.com), the number one cause of failure for adults returning to school is taking on too much. Many adults decide they want to go back to college and enroll in a full schedule, only to become overwhelmed with the responsibilities of family, school, and work. Consider taking only one to two classes to start to give yourself time to refresh study skills and get used to being in a classroom environment. In regards to the number of credit hours to take when working, these guidelines provided by colleges may be helpful:

Sources:

www.petersons.com;
www.back2college.com;
www.freschinfo.com

May 2013 Newsletter: How to Pay for College

# Work Hours/week	# Credit Hours/Semester
< 20 hours	12-18
20	6-12
30	3-9
40	3-6

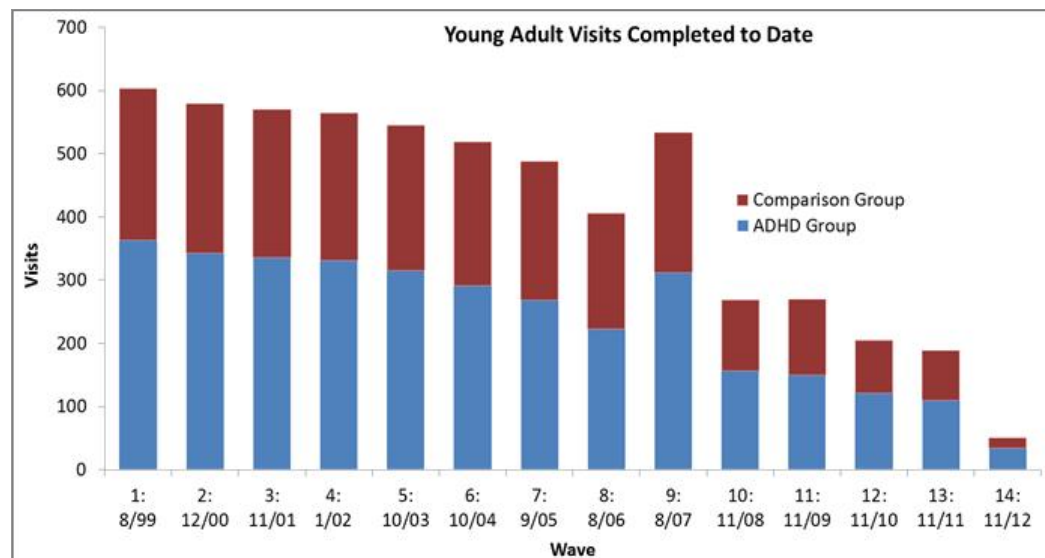


Study Update ~

In November, 2012, we began another wave of age-based interviews. For the period 11/1/12-10/31/13, 222 young adults will be due for a visit. Three and a half months into that period (as of the second week in February, 2013), we have completed 50 visits, so are just about on schedule with 23% completed. An additional 32 visits are pending (participants are scheduled for a visit or in the process of completing study questionnaires from home to mail back to us).

The chart below details the number of young adult visits that have been conducted each year since Wave 1 of the study in August, 1999. The larger number of visits conducted prior to October, 2008 reflect the first nine years of the study when annual interviews were conducted with everyone.

We also continue to make interim phone contacts with any participant who is not due for a visit as a way of keeping address and telephone information up to date. For the same period



11/1/12-10/31/13, we plan to contact about 300 young adult participants to confirm contact information. To date, 50 of these calls have been completed. These have proved quite helpful- thanks to everyone who has responded to these calls!

On March 1st, letters will go out to participants who are due for either a visit or phone contact in March- if you receive a letter and are interested in scheduling, please call the PALS scheduling line at 412-246-5656. NOTE TO PARENTS: We will delay scheduling your visit until after your son or daughter's visit has been conducted.

Star Trek Gadgets That Now Exist

For geeks growing up in the 1960s, 80s and 90s, a vision of the future has been provided by one very successful television franchise: Star Trek. And the future, it turns out, is coming sooner than even Trek's writers could have imagined. Here are a few gizmos used on the Star Trek television shows that are now becoming real.



Food Replicator - Captain Jean-Luc Picard used to say "Tea, Earl Gray, hot!" and it would be replicated instantly. Today's 3D printers don't tackle tea, but machines like [Fab@Home](#) actually can print food. And other printers, like the MakerBot Replicator 2 are quite adept at making small objects—just as they were shown to do on later episodes of *Star Trek: The Next Generation*.

Universal Translator - In several episodes, we marveled at the universal translator, which decoded what aliens said in real-time—and in the later shows, it was integrated into the communication badges (which explains why basically everyone, regardless of home planet, spoke English). Now, there's an app for that. Voice Translator by TalirApps understands 71 languages (no Klingon yet, though). You speak in your native tongue and the app translates your phrase into another language. Nifty!



Tablet Computers -Lieutenant Commander Geordi Laforge—you know, the guy from *Reading Rainbow*—used a tablet computer (what they called Personal Access Data Devices, or PADDs) to punch in coordinates for the next star system. Other Starfleet personnel used them to watch video and listen to music—just the things we use tablets like the [Google Nexus 10](#) for today.



Tricorder - In the TV show, a tricorder is a handheld device that scans for geological, biological, and meteorological anomalies. Handy! Recently, Peter Jansen from McMaster University in Ontario built a [working prototype](#) that scans for magnetic fields and other interference. And there are lots of [other real-world tricorders](#), too.



Communicator Badge - On the original series, Kirk and crew carried [handheld communicators](#). But in *Star Trek: The Next Generation*, Starfleet personnel wore communicator badges on the left breasts of their uniforms. A California start-up called [Vocera](#) has created a similar device you pin to your shirt. They're used mostly in hospitals to avoid having constant overhead pages.

Phaser - Captain Kirk was pretty handy with a phaser, and he didn't always set his to stun.



Ironically, we've been using something similar since the first Iraq War. Known as a dazzler, the directed-energy weapon sends a pulse of electromagnetic radiation to stop someone cold in their tracks.



From *Mental Floss- Where knowledge junkies get there fix.* (2013). Retrieved February 7, 2013

<http://mentalfloss.com/article/31876/12-star-trek-gadgets-now-exist>



Adults with ADD for Pittsburgh & Tri State Area -- CHADD Chapter #477

February 28, 2013

"Medications & Treatment Options with Common Co-Existing Conditions for Adults with ADD/ADHD"

Gary Swanson, MD
Allegheny General Hospital

Meetings are held on the 4th Thursday of each month at WPIC, Room 292, 3811 O'Hara at DeSoto St in Oakland from 7:00 to 9:30 pm.

For more details about specific meeting dates and topics, please contact Leslie Stone at (412) 682-6282 or visit www.pittsburghadd.org

MOVING?

If you have moved, plan on moving or changed your phone number, please call our PALS study line at (412) 246-5656 to provide us with updated information.



Need to Schedule Your Study Visit?



If you would like to schedule your study appointment or need to change or cancel your existing appointment, call the PALS study line at (412) 246-5656.

Sudoku Classic

	1		8					6
7		4					5	
	9		3		4			
5		2				4		
				9				
		9				1		3
			1		3		7	
	7					2		9
4					6		3	

GAMEPLAY

The object of the game is to fill all the blank squares with the correct numbers. Fill in the empty squares of the grid with the numerals 1, 2, 3, 4, 5, 6, 7, 8, and 9. The puzzle is solved when each ROW and each COLUMN, and each 3 x 3 square within the puzzle contain the numerals 1—9 with each numeral appearing only once.

SOLUTION

An answer key is available on our website at

www.youthandfamilyresearch.com.

From our home page on the website, select *Studies*, click on *PALS, Newsletters* and you will see *Sudoku Puzzle Answer Key*.

PALS Study
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