

The bachelor thesis focuses on adults with specific learning disabilities and/or AD(H)D, namely on their coping strategies in adulthood. The thesis is traditionally divided into theoretical and empirical part. The first chapter of the theoretical part explains basic terminology linked with specific learning disabilities and/or AD(H)D, their symptoms, and emotional and social aspects of the deficit in the early age. The next chapter concentrates on adults with specific learning disabilities and/or AD(H)D, especially a negative impact of their difficulties which make work achievements complicated. The final chapter of the theoretical part describes typical emotional reactions which adults with specific learning disabilities and/or AD(H)D suffer from.

The aim of the practical part is to describe the process of coping with the handicap of specific learning disabilities and/or AD(H)D. The research uses a qualitative methodology. It first states problems at work and in the course of university study which are connected with specific learning disabilities and/or AD(H)D. Further the attention is paid to negative emotions which adults with specific learning disabilities and/or AD(H)D face in everyday life. A crucial part of the research involves a description of coping strategies of the interviewed adults. A next chapter focuses on possible treatment and counselling to adults with specific learning disabilities and/or AD(H)D. A final chapter of the theoretical part includes contemplation on positive aspects of specific learning disabilities and/or AD(H)D and a discussion of gained results.