

100-WORD BIOGRAPHY

Nia S. McDaniel is a 17-year-old African American high school student, first-time author, and emerging youth advocate from the Northern New Jersey–New York City area. Her substantially autobiographical book, *Learning To Conduct, My ADHD Journey*, explores ADHD, learning differences, confidence, academic resilience, executive functioning, and self-discovery through the metaphor of an orchestra. Nia wrote the book she wishes someone had given her when she was younger. Through writing, interviews, and public conversations, she hopes to help students feel understood and encourage parents and educators to approach learning differences with greater curiosity, empathy, and hope.