

250-WORD BIOGRAPHY

Nia S. McDaniel is a 17-year-old African American high school student, first-time author, and emerging national youth voice on resilience, learning differences, education, and realizing potential.

Her book, *Learning To Conduct, My ADHD Journey*, is a substantially autobiographical middle-grade story inspired by her experience of working hard in school while not fully understanding why learning sometimes felt more difficult than it appeared to be for others. For years, Nia believed she simply needed to try harder. Greater understanding of ADHD, executive functioning, and her own learning experience helped her begin replacing confusion and self-doubt with clarity and self-advocacy.

Using the metaphor of an orchestra, the book follows a young student whose thoughts and responsibilities often seem to compete like instruments playing without shared sheet music or a conductor. The story explores confidence, academic resilience, personal growth, and the importance of understanding how one learns.

Nia wrote the book she wishes she had received when she was younger. She hopes it will help students recognize that struggling does not mean they lack intelligence, and that learning differently does not mean thinking less.

Based in the Northern New Jersey–New York City area, Nia is available for television, radio, podcast, print, digital, school, library, and community interviews and programs. Her broader goal is to help students, parents, and educators have more compassionate and productive conversations about learning differences and student potential.