

Transition Guide: College

So Now You're a Freshman: Self Advocacy on a College Campus



What's the Same? What's Different?

No one has to tell the college freshman that there are big changes coming. It could be changes in location, living conditions, responsibility, or something else, but, no doubt about it, being a freshman brings some major life changes. So what is the same about college advocacy? What is different? Let's take a quick look at the similarities and differences in working with an IEP team versus working with a college disability services office.

	High School	College Freshman
Parental Involvement	Parents were part of the team	Student is responsible for sharing needs and requesting assistance
Service Coordination	Parents, Guidance Counselor or other school staff	Student through the Disability Services Office on campus
Pertinent Laws	Individuals with Disabilities Education Act (IDEA)	Section 504 Rehabilitation Act, Americans with Disabilities Act (ADA)
Documentation	Individual Education Program (IEP)	Limited documentation and records by the Disability Services Office

Do You Know?

- ◆ **Do you know** your diagnosis?
- ◆ **Do you know** how your disability or diagnosis affects your ability to learn, process or perform?
- ◆ **Do you know** how your diagnosis affects your actions and reactions in a given situation?
- ◆ **Can you express what you know** clearly to the Disability Services Office at your college? Can you tell them what you need in the way of supports on a college campus?

Learn about your diagnosis and supports needed during high school and then practice advocating for yourself.



Need More Assistance at College?

University of Tennessee, Chattanooga - MoSAIC Program

www.utc.edu/disability-resource-center/mosaic/

Austin Peay State University - Full Spectrum Learning

www.apsu.edu/full-spectrum-learning

Get Involved on Campus

Don't be a wallflower

5 ways to get involved on a college campus

- ❖ Join a club
- ❖ Get involved in student council
- ❖ Join an intramural sports team
- ❖ Participate in on-campus activities and events
- ❖ Study with other students in common areas like the cafeteria or dorm lounge



Don't wait to fail before you ask for help. Set yourself up for success by advocating from your first day on campus.

Study Habits for College Students

- ◆ Before each class, review the syllabus to familiarize yourself with the lesson
- ◆ Study for at least one hour before every class
- ◆ Make a timeline to complete large assignments/projects to avoid last minute work
- ◆ Balance your social life with your study time
- ◆ Find a note taking method that works for you
- ◆ Utilize note cards and highlighters
- ◆ Minimize distractions when studying
- ◆ Take advantage of the opportunity to ask your professor questions during their office hours
- ◆ Take a 5-10 minute break every hour when studying
- ◆ Know your limits: register for a class schedule you know you can do
- ◆ Stay organized
- ◆ Use technology and apps to assist you

Another Option: Online Colleges

Accredited Online Colleges lets you search through countless accredited schools, based on a variety of criteria, to **find the accredited college that best meets your needs.**

www.accreditedonlinecolleges.org/

Read these 2 articles: www.accreditedonlinecolleges.org/resources/accredited-online-colleges-and-disability-education/ and www.accreditedschoolsonline.org/resources/best-accredited-colleges-schools-for-students-with-disabilities/

This site helps connect and integrate **college students with disabilities as a virtual community** with a voice on important issues. It is dedicated to uniting people interested in rights and issues affecting people with disabilities, with particular emphasis on college students and access to higher education and employment issues. www.weconnectnow.wordpress.com/