

INFORMATION FOR STUDENTS

While still in high school you need to:

1. Find out about your disability:

- Talk to your parents, high school special education teacher, or guidance counselor to learn about your specific disabilities
 - Understand the academic impact of your disability
 - Understand your areas of strength and weakness
 - Understand how your disability might affect future employment and/or career choices
 - Make sure that you have current documentation (request updated testing or a re-evaluation before you leave HS)
 - Read your disability documentation and understand what it says.

2. Actively participate in all transition related meetings (i.e. IEP, 504, IPE)

- Participate in self-advocacy training
- Learn to express your current and future needs, concerns, interests, and preferences
- Know what your rights & responsibilities are and what the grievance procedures are at your selected colleges

3. Develop a personal information file with disability related information:

- Disability documentation
 - Current high school records (e.g. grade transcript, standardized achievement testing scores)
 - Medical records (if relevant to educational progress)
 - Copy of current IEP or 504 plan
 - College Entrance Exam results/ info (SAT, ACT)
 - Psychological and educational evaluation records

4. Select and Plan College Choices

- Select the colleges you'd consider attending (important tip: do NOT choose schools by the amount of services that offer; make your initial selections based on whether the school offers the programs of study that most interest you)
- Visit each campus (make sure to meet the person(s) in charge of the Office of Disability Services)
- Do your homework! Consider:
 - What services/programs each prospective college provides through their disability support office or other office that handles disability accommodations
 - How often are services available? Are the service providers on campus and available on an as-needed basis?
 - Are there restrictions (e.g. times per week) or additional costs for using these services?

5. Apply—Good luck!

SELF-ADVOCACY

What is Self-Advocacy?

- Self-advocacy means speaking or acting for yourself
- It means deciding what is best for you and taking charge of getting it.
- It means standing up for your rights as a person.
- It teaches others about our rights and responsibilities.

Why is it important?

- It helps us to develop assertiveness skills & good communication skills.
- It teaches us to make decisions and choices that affect our lives so that we can be more independent.
- It helps us to develop confidence about our abilities.

When will I use it (at college)?

- When you need additional accommodations.
- When you don't have access to some activity on the campus and you need to have that barrier removed.
- When you are having disability-related difficulty in a class and need some extra assistance.

How can I practice being a self-advocate?

- Understand what your disability is and how it affects you
- Understand your rights and responsibilities under the Section 504 of the Rehab Act and the ADA
- Use this information to achieve your goals and advocate for yourself