

Albright's Student Accessibility and Advocacy Office

Catering to Students Who
Learn Differently



OUR MISSION!

This office is dedicated to helping students thrive in college. Our office understands that this is a new community for you to be in, and all the new responsibilities may be scary. We are here to help you build a great foundation with all our available resources!



Tips for Academic Success as a College Student

Sign up for a Tutor Early

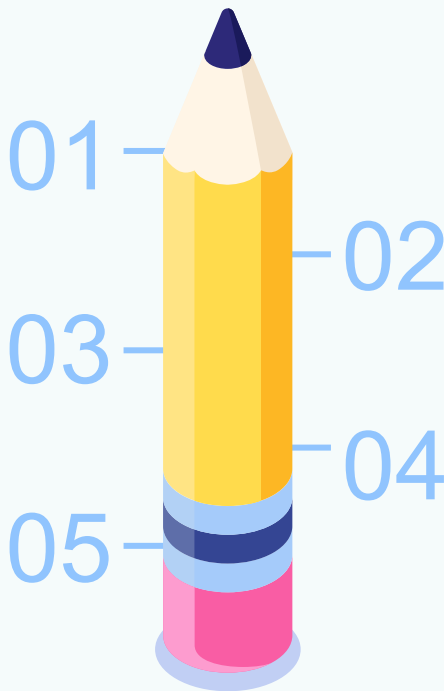
Contact the ALC in the beginning of each semester, even if you think you do not need it.

Buy a Planner

Map out your upcoming and future assignments. Don't find out you have a test the day before!

Use the Outlook Calendar

Map out your mealtimes, class times, practice times, and hangout time. This helps you know when you're procrastinating versus practicing healthy socializing!



Know Your Learning Environment

Study by yourself if your friends distract you. Study in an academic building or lounge if your room makes you tired!

Hold Yourself Accountable

Learn to - and practice - acknowledge when you are getting too distracted or need help in class. Learn when you need to make small changes in your life for better results.

The Academic Learning Center

Use this department for additional classroom aid. The ALC provides one-on-one [tutoring](#), group tutoring, and peer editing for papers at any stage.

The ALC also offers workshops for students who may be struggling with class for non-academic reasons, such as clarification on what professors expect from their students.




Addressing Some Misconceptions #1

I struggle a lot in college, but I don't want to get help. I was judged and labeled in high school, and I don't want to be again.




Visit the SAA office!
Services in college are different than services in high school!

Addressing Some Misconceptions #2



I never received accommodations in high school, so I won't get approved in college.



Talk to someone at the SAA office!
It's never too late to ask for the services that you need!

Addressing Some Misconceptions #3

Services in college don't exist. Everyone told me that I would be on my own in college, and that no one will help me because I'm an adult.



Talk to someone in the SAA office! They have many resources available that will help you succeed!

Addressing Some Misconceptions #4

I'm a struggling college student. I can't afford to meet with SAA and talk about what accommodations I need!



Meeting with SAA and using these resources are completely included in your tuition!

You are in control!

Request your accommodation letters (AALs) in your health portal. Choose which professors receive letters and which accommodations to use for each class!



How to Request Services



1. Gather any documentation you may have.
2. Complete the application in your health portal. Upload the documents if you have them.
3. If you have questions, email SAA@albright.edu, call 610.921.7503, or stop by our office in the Student Center!

Get more information about SAA [here](#):