COLLEGE TRANSITION PLANNING

Em Foss- Transition Specialist
emily_foss@westiron.monroe.edu
(585)387-3884

OVERVIEW



- ❑High School vs. College
- ❑ Documentation needed in college
- ❑ Reasonable Accommodations
- ❑ How to get support
- ❑ Preparing now for college

WHAT'S THE DIFFERENCE?

High School:

- Typical Schedule:
  - Monday - Friday, 7 hours a day
  - 35 hours per week
- Majority of coursework & learning are done in the classroom
  - Teacher gives daily lessons and reminds you of assignments
  - Homework is review of lessons
- Classes:
  - Smaller class sizes
  - Typically shorter class periods

WHAT'S THE DIFFERENCE?

College:

- Schedule will vary day to day
  - Some days you will have several classes, some days you will have none!
  - Class time is typically 12-16 hours per week
- Majority of coursework and learning are done **independently** and **outside of the classroom**
  - Students are responsible for learning content independently, while class time is meant to be a review
- Classes are typically larger- some lectures can have up to 100 students!

Who is responsible for making sure you have the support you need?

High School:

- Parents, teachers, and school staff act as advocates for students
- School staff are responsible for making sure students have the accommodations they need to be successful
  - They arrange student services
- Yearly planning meetings to make sure you are meeting your goals

College:

- Students must act as their own advocate and are responsible for speaking up for what they need
- Student needs to work with the college to arrange accommodations and communicate with professors
- Student is responsible for making sure they are meeting their own goals and for seeking out help when needed

Disability Laws

HIGH SCHOOL



Individuals with Disabilities Education Act (IDEA) EDUCATION LAW (1990)
Protects students and kids, and works to assure their success in school and their preparation for the workplace ♦ "YOU HAVE THE RIGHT" TO A FREE AND APPROPRIATE EDUCATION ○ Ex. IEP=Individualized Education Program ♦ CONFIDENTIAL ♦ 13 CATEGORIES OF DISABILITIES COVERED ♦ **STOPS** once you graduate high school

COLLEGE

WORK

Americans with Disabilities Act (ADA)
CIVIL RIGHTS LAW (1990)

Protects adults with a disability in college, the workplace and out in the world.

- "ELIGIBILITY LAW"
  - "YOU ARE ELIGIBLE" FOR REASONABLE ACCOMMODATIONS
- ONLY PROTECTED IF YOU DISCLOSE
- NON-DISCRIMINATION LAW
- INCLUDES BOTH PHYSICAL AND MENTAL DISABILITIES

Does my IEP/504 Plan continue when I go to college?

- Colleges & Universities are **not required** to follow the IEP or 504 plan that you had in high school
  - Not all accommodations that you had in high school are accessible in college

- **However** accommodations and support are still available to you in college!
  - Support will look different, and will require a different level of independence

How do I get support in college?

- Seeking Out Support
  - Professors
  - Teaching Assistants
  - Office Hours

- Support Centers
  - Tutoring Services
  - Writing Centers
  - Career Centers
  - Health & Wellness

How do I get support in college?

- Accessibility/Disability Resource Offices
  - Accessing accommodations

- Here you can find information on:
  - Academic support services
  - Assistive technology
  - Campus accessibility
  - Housing accommodations
  - Testing Centers

Examples:

- Brockport
- MCC
- St. John Fisher

DOCUMENTATION REQUIRED AT COLLEGE

- **Psychological evaluation**: Most recent (closer to graduation, the better) using adult measurement (ex. WAIS, WIAT)
- **Educational testing** done by teaching (Usually on Psychological Eval)
- Other **school reports** if applicable (ex. Speech-language, physical therapy, etc.)
- **IEP/504 Plan** may be helpful but not required – IEP alone will not substantiate the need for accommodations
- **Documentation of disability** is to be sent to the Disability Support Office, not Admissions Office, once student has been accepted
- **FOLLOW UP** with Disability Support Office to make sure documentation has been received and to confirm next steps

A reasonable accommodation is a modification or adjustment to a course, program, service or facility, which ensures that a qualified student with a disability is not excluded, segregated, or otherwise treated differently

“REASONABLE ACCOMMODATION”

WHAT'S NOT REASONABLE ?

Case law has dictated that a modification or adjustment is not reasonable if it would:

1. Fundamentally alter the essential nature of the course, curriculum or program

2. if it constitutes services of a personal nature (such as tutoring, 1:1 aides)

3. if it would result in an undue administrative or financial burden for the institution; and

4. it would result in posing a direct threat to the health or safety of self or others

TYPICAL ACCOMMODATIONS IN COLLEGE

- Extended Time on Tests
- Testing with Reduced distractions
- Use of Word processor/calculator
- Notes (Peer or Faculty provided)
- Textbooks in alternate format
- Assistive Technology
- Enlarged Print

ACCOMMODATIONS NOT TYPICALLY PROVIDED AT COLLEGE

- One on one aides
- Live readers for exams (usually reading software is provided)
- Resource room
  - Tutoring is usually available to all students who seek it
  - No one on one to follow up on individual assignments, progress, etc. (you will need to reach out to your TA's and professors to request support)

PREPARING NOW FOR COLLEGE

- ✓Practice Speaking up/self advocating
  - Start calling and emailing to make appointments
  - Take lead at CSE meeting
- ✓Develop organization, time management, stress management skills
- ✓Practice “survival” skills before leaving for college (laundry, money management)
- ✓Take academically challenging classes while still in high school
- ✓Practice taking notes!

CONSIDER STARTING PART-TIME

- ✓Try taking only 2-3 classes first semester to help with the transition
- ✓Students can always add more credits the next semester
- ✓Many Residence Life programs may allow students with disabilities to still live in residence halls as part-time students. You will need to advocate for this

TIPS FOR SUCCESS IN COLLEGE

- Go to Class
- Do Homework
- Advocate and Use Resources
- Get Involved


ACCES
Vocational Rehabilitation

Training/Job Placement:
Examples of Vocational Rehabilitation Services

- Job Counseling
- Job Assessment and Development
- Job Placement
- Vocational or Technical Training
- College/BOCES or Other Classroom Training
- Books and Tools
- Driver Training
- Occupational License
- Supported Employment
- Vehicle Modifications
- Self-Employment
- High School-to-Work Transition Services
- Rehabilitation Technology
- Job Coaching
- And many others!

ACCES VR
Adult Career and Continuing Education Services - *Vocational Rehabilitation*

Being eligible for ACCES-VR services does not mean you are eligible to receive ALL ACCES-VR services.

ACCES-VR Recap: Process At-A-Glance





EM FOSS

DISTRICT TRANSITION SPECIALIST

(585)387-3884 (voicemail only)

emily_foss@estiron.monroe.edu

West Irondequoit Wed/Thurs

ACCES-VR application

Please reach out with any questions!