

# **Making the Transition from High School to College for Students with Disabilities:**

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## KNOWING YOUR OPTIONS

All colleges are required by law to provide accommodations to students with documented disabilities. Some colleges offer specialized programs that are highly structured and include a wide range of academic and behavioral supports. Other colleges offer support services that are less intensive and that require students to 'take the lead' in monitoring their progress and managing their special needs on campus.

### **Programs vs. Support Services**

- **Programs** are specifically designed for students with disabilities and provide more in-depth services and accommodations. Not all colleges have these types of programs. When offered, the most common types are designed for students with learning disabilities and/or ADHD. These programs usually have costs in addition to tuition. These programs often provide one-on-one tutoring and sessions with a learning disability specialist. Sessions with a specialist in addition to

# **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