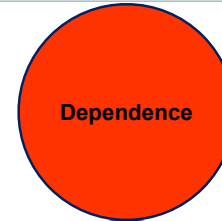
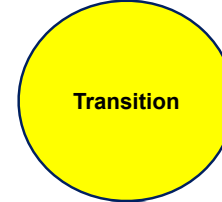


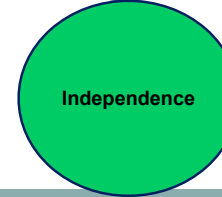
High School to College Transition



Transition is a time for kids to take on new tasks and practice being independent



Transition is a time for parents to give up tasks and let kids be independent



Parents letting go
+ Kids taking charge
Emancipation

Senior Year:

- Students practice managing own life.
- Parents practice letting go.

Who's ready for Independence?



Are we ready to let go?
Is my child ready to take on more stuff?

Young Adult Development



Independence – ability to manage your life

Self-Awareness – awareness of who you are

Self-Advocacy Skills – ability to get what you need

Independence – managing life skills



- Managing money
- Making a meal
- Doing laundry
- Filling prescriptions
- Talking to teachers and other adults
- Organizing and prioritizing
- Making appointments (and keeping them!)



Self-Awareness – knowing who you are



Understanding your:

- Learning styles and preferences
- Learning disability/ADHD & accommodations
- Stress management skills
- Strengths
- Challenges
- Interests
- Values

..... and being able to **“tell your story”**

Self-Advocacy – getting what you need



Recognizing:

- When I need help and how to get it
- What causes me stress or frustration?
- What are my warning signs?

Searching for Colleges

Will my child find
a college that's
the right fit?



Searching for Colleges

- Student disability services
- Learning/Teaching Style (traditional or experiential)
- Size and location
- Class sizes
- Environment or culture
- Academic calendar and departments
- Academic Support Programs (Writing & Math Centers, Tutoring Programs)
- Graduation requirements (foreign language waiver or substitution, distribution requirements, etc.)
- Student activities (athletics, art, theater, clubs)
- Study Abroad Programs
- Internships and Research Opportunities
- Social Scene (Greek system, house parties, bars/coffee houses)

Test Preparation & Accommodations

- Which test(s) should I take?
- How should I prepare for the test(s)?
- Should I retake a test more than once?
- What kinds of accommodations do I need?
- How do I apply for accommodations?
- Will I need to re-apply for accommodations if I choose to retake a test?

Test Preparation & Accommodations

Test	Description
ACT	A knowledge based admission test based on high school curriculum. Includes English grammar, Math, Reading, Science Reasoning
ACT Plus Writing	Same as the ACT with the addition of a 30-minute essay. More competitive colleges require this format of the ACT.
Preliminary SAT and National Merit Scholarship Qualifying Test (PSAT/NMSQT)	Standardized test that provides firsthand practice for the SAT, measuring critical reading skills, math problem-solving skills, writing skills. It is a chance to enter National Merit Scholarship Program.
SAT Reasoning Test (SAT)	Admission test that is a combination of aptitude and achievement. Test is 2/3 verbal and 1/3 math. Includes a Writing Section comprised of 49 advanced grammar questions
SAT Subject Tests	Admission test in specific high school subject. Some highly selective colleges may require 2 or even 3 Subject Tests in addition to the SAT. Many will accept ACT instead of SAT and Subject Tests
SAT Advance Placement Tests (AP)	College placement test, covering advanced high school/college level material. Some colleges may use AP scores to place students in the proper level of a course.

Test Preparation & Accommodations

Accommodations - alternative forms of:

- Presentation (large print, audiocassette, reader)
- Response (dictation to scribe, spell check, voice recognition software dictation, recording answers directly in test booklet, large block answer sheets)
- Timing/scheduling (extended time, multiple days, frequent breaks, specified time of day)
- Setting (small group, private room, special lighting, special acoustics, alternative test site with proctor)

Test Preparation & Accommodations

- Plan ahead! Get to know college counselor
- Keep professional assessments, Learning Profile or IEP/504
- Schedule updated assessment
- Request accommodations early!
- Refer to [FairTest](#) and college admissions sites
- Tutoring? On-line? Course? Individual?
- Look up test dates
- Keep all ACT and SAT correspondence

Test Preparation & Accommodations

Students feel enough pressure and anxiety about college anyway. What's most helpful is for parents and teachers to remain positive, compassionate, focus on student's strengths, and remind student that test scores don't define student.

Student Disability Services

Levels of college disability services:

- Basic services that only meet compliance standards
- Coordinated services staffed by at least one professional and offering moderate support services
- Structured services with more professional staff providing comprehensive services
- Comprehensive program such as Landmark College, dedicated to students with LD and ADHD

Student Disability Services

Identifying a good match between the student's needs and levels of support is more important than identifying a "good" college.

Student Disability Services

Resources for finding information:

- **Resource books**
K&W Guide to Colleges for Students with Learning Disabilities and ADHD
- **Websites**
- **College website**
- **Student disabilities services staff**

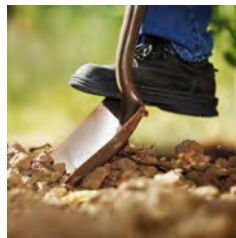
Student Disability Services

What kinds of services the college offers?

How does it work if I have extended time?

Do I need to apply for services?

Is there an additional cost?



Student Disability Services

Dig for information about:



- > Staff
- > Accommodations
- > Services
- > Technology
- > Curriculum
- > Culture
- > Policies
- > Procedures

Student Disability Services



Staff

- How many full-time/part-time employees do you have? What's their background?
- When are they available?
- How many students with LD/ADHD do you serve?
- What's the case load for each SDS coordinator?
- How often may students meet with SDS coordinator?
- Are there additional costs for services?
- Is one-on-one tutoring by appointment available by learning specialists, trained professionals, or peer tutors?

Student Disability Services



Accommodations

- What kinds of accommodations do you provide? For note-taking? Tests? Writing? Describe the policies and procedures relating to each of these.
- Explain your process for making print-based materials available in alternative (audio or e-text) format? What are the student's responsibilities? Professors' responsibilities? What is the general turn-around time?
- Are you a member of Access Text Network? Bookshare?

Student Disability Services



Services

- Do you have life coaches? Do they help students organize and prioritize?
- Do you help students get tutors?
- How do students get academic support at the Math Center or Writing Center?
- Do you refer students to the Counseling Center or help get medications?

Student Disability Services



Assistive Technology/Technology Tools

- What kinds of Assistive Technology products and tools do students use in classroom? For note-taking? Tests? Writing? Organization?
- Do you have personnel dedicated to AT devices and services? What happens if I need help late at night or on weekends?
- Do you have AT labs? How many? Where are they located? What are the hours?
- Do you permit students to use LiveScribe pen?

Student Disability Services

Curriculum

- Do students with LD/ADHD get priority registration?
- What are your school's graduation requirements and is there flexibility for students with LD/ADHD? (foreign language or math course substitution, distribution requirements)
- Do you allow students to take a reduced load?
- How do you support students in Study Abroad and Internship programs?

Student Disability Services

Culture

- Do you provide students with AT products and software for free? Or are students required to provide them for themselves?
- Are the professors supportive of students with LD/ADHD? How well do they understand LD/ADHD and willingly provide accommodations?
- Are professors encouraged to make print-based materials available in advance to students who rely on AT?
- May I speak with one of your successful LD/ADHD students? May I attend class with an LD/ADHD student?

Student Disability Services

"My visits with SDS staff were far more helpful than the information sessions and tours through the admissions office. They had a great handle on the school's academic flavor, classroom culture, and the relationships between students and professors. I was able to feel how I'd fit."

Applying to College

- Common Application
- Supplements
- Test Scores
- Transcript
- Personal Essay
- **Explanation Essay**
- Letters of Recommendation
- Interview
- Portfolio, e-folio or video

Applying to College

Explanation Essay

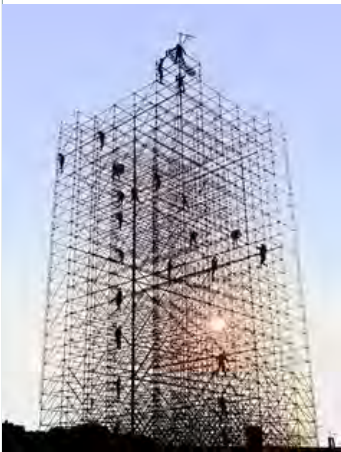
- Disclose LD/ADHD
- Discuss performance gaps, GPA or ACT/SAT inconsistencies
- List accommodations and Assistive Technology
- Highlight successes
- Focus on how you managed with your disability and lessons learned
- Reveal communication skills, self-advocacy skills, initiative, creativity, "cognitive diversity"

Being Ready for College

- Understand LD/ADHD - challenges & benefits
- Achieve academic success
- Gain life skills
- Build support systems
- Feel confident and competent

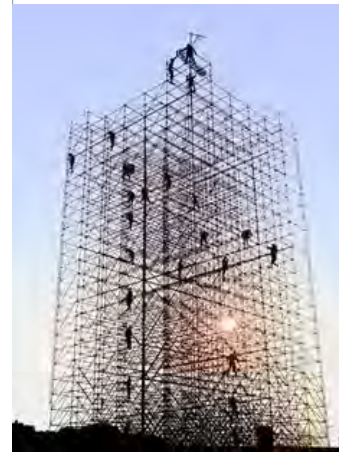


Building New College Support System



- Build new relationships with professors, RA, counselors, advisor, deans,
- Make new connections
- Make a communication plan with parents – and stick to it!
- Join new activities
- Find 2 places you like to study

Building New College Support System



- Anticipate unexpected experiences
- Institute effective study routine
- Ask questions
- Seek help
- Confide in friends

College Success!

Lee Baker

651-470-1317

Lee@leebakerconsulting.com

www.leebakerconsulting.com



Follow up Information from Lee - Financial Aid

Financial Aid and reduced course load - I didn't have the complete answer to this question during the presentation, so I didn't want to state misinformation. But, my hunch was correct based on the fact that colleges and universities have to act in accordance with the ADA. I googled "If a student takes a reduced course load, does student qualify for financial aid?" Results show that many colleges will allow students with disabilities to apply for special status which, if approved, entitle the student's financial aid package to be adjusted to reflect the credits a student is actually taking in a term. Federal grants can also be pro-rated. However, students taking a reduced load are still considered full time students which is often abbreviated as RL/FT. A quick google search shows that different colleges and universities have different policies for the RL/FT status with respect to financial considerations. In addition, students have different responsibilities. For example, even though a student is RL/FT and may qualify for reduced tuition, they still are responsible for the full payment of room and board. Being granted RL/FT status may be beneficial to the student in terms of managing academics, but may mean that the costs to attend the college in full may be more than for students not taking a reduced course load. The terms and conditions of RL/FT are specific to each college.

Follow up Information from Lee - Financial Aid

This is a superb example of why it is SO IMPORTANT to dig for detailed information about each college's policies and procedures. Even a quick google search turns up different policies and procedures regarding the financial implications of taking a reduced course load as a full time student. This is also why it is essential that both the student AND the parent do detailed homework well in advance to discover all the fine print. Students AND parents need to have complete understanding of both the student's responsibilities as well as the college's responsibilities, in addition to the responsibilities of the party covering payment (usually the parent or parent and student) with regard to being a student with a disability.

Here is the policy for Kenyon College. I use this as an example because it is very clear and covers a variety of financial conditions. <http://www.kenyon.edu/files/resources/kenyon-rl-ft-2015.pdf>

Do your homework! Policies and procedures for RL/FT aren't all the same!

Follow up Information from Lee

Energy expended by people with dyslexia - I mentioned a study showing that people with dyslexia expend more energy than people without dyslexia. The University of Washington conducted a research study in 1999 which suggests that, based on measurements of increased lactate levels, dyslexic brains work 5 times harder to complete the same task. The study was inconclusive in identifying whether the brain is working harder because specific areas of the brain are working less efficiently or because additional pathways are required to compensate. I have seen other publications refer to this suggestion that the brain works 5 times harder. Although I can't find any specific mention in Sally Shaywitz's material to quantify how many more times a dyslexic brain is operating, Dr. Shaywitz does acknowledge that the dyslexic brain does work harder, requires more time, and tires more easily when performing a task. Here is a great article - http://dyslexia.yale.edu/Policy_QA.html