

What's Next: College?!

A GUIDED EXPLORATION OF NC POST-SECONDARY EDUCATION OPTIONS FOR STUDENTS WITH DISABILITIES

Is College The Right Fit For Me?

In this set, you and your teen will explore what their interests are, compile it into one worksheet, called Imagine College. Print and follow along with the information provided in the online tool for the teen to fill out:

p 02. College Interest Inventory

p 03. Expectations: High School Versus College

p 04. Imagine College



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Work Together NC



Work Together NC is a statewide initiative focused on the transition to adulthood for people with intellectual and developmental disabilities (IDD). Visit worktogethernc.com

Your one-stop resource hub for finding resources and services. Create action plans to achieve your goals in the areas of employment, postsecondary education, community living, and more.

Inclusion Works is a North Carolina Department of Health and Human Services (DHHS) initiative to increase Competitive Integrated Employment (CIE) opportunities for people with IDD. Work Together NC and WISE are collaborating with Inclusion Works to implement new processes across the State and expand Supported Employment services. The What's Next Employment Toolkit is being used in the employment assessment process to support individuals with developing their career development plans.


COLLEGE INTEREST INVENTORY

College could be the next step toward your goals for adult life. It is an exciting opportunity to learn, make friends, and do more on your own. But it's not for everyone, and there are other great options for people who are not interested. You may also decide you are not ready to go right after high school, but maybe later on. Even if it is something you are just thinking about, it always helps to explore your options.

Whatever you decide, just make sure it's truly your decision.




Consider the questions below and mark Yes, No, or maybe.




Do I want to meet new people?

Yes
 No
 Maybe




Do I like the idea of more classes and homework after high school?

Yes
 No
 Maybe



Do I need more career training or exploration?

Yes
 No
 Maybe




Am I ready to take on more responsibility?

Yes
 No
 Maybe




Do I like the idea of doing more on my own?

Yes
 No
 Maybe



Am I ready to make big decisions about my future?

Yes
 No
 Maybe



Do I want to start exploring my college options?

Yes
 No
 Maybe

Add any thoughts or questions:








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Whatever you decide, just make sure it's truly your decision.

Consider the questions below and mark Yes, No, or maybe.

MY INTERESTS		<input type="checkbox"/> YES	<input type="checkbox"/> NO	<input type="checkbox"/> MAYBE
 Do I want to meet new people?				
 Do I like the idea of more classes and homework after high school?				
 Do I need more career training or exploration?				
 Am I ready to take on more responsibility?				
 Do I like the idea of doing more on my own?				
 Am I ready to make big decisions about my future?				
 Do I want to start exploring my college options?				

HERE'S WHAT TO EXPECT

As you explore college options, you begin to wonder, "What will it be like?" or "How hard will it be?"

HIGH SCHOOL	VS	COLLEGE
 <p>Your parents and teachers advocate for you.</p>		 <p>You advocate for yourself.</p>
 <p>Classes usually meet in the same building.</p>		 <p>Classes are in different buildings around the campus.</p>
 <p>Attendance is taken.</p>		 <p>Professors do not always take attendance. It's your responsibility to attend class.</p>
 <p>Teachers and parents remind you about homework and assignments.</p>		 <p>You are responsible for keeping track of due dates on the syllabus.</p>
 <p>Your time is scheduled by others.</p>		 <p>You manage your own time.</p>
 <p>Parents can access your educational information.</p>		 <p>You give permission for parents to get information about your services and grades.</p>
 <p>You are automatically enrolled in most classes.</p>		 <p>You register for classes online. There are more choices of classes and instructors.</p>
 <p>Modifications and accommodations are included in your IEP.</p>		 <p>You request your own supports through Disability Services or a person-centered plan.</p>
 <p>You receive a free and appropriate education through public schools.</p>		 <p>College students pay tuition and fees.</p>
 <p>You make friends with your classmates.</p>		 <p>You make friends mostly outside of class.</p>

REFLECTION ACTIVITY

Imagine yourself going to college...

Write or draw your answers:



1 thing I am **worried or unsure** about:

1 think I am **excited** about:

1 (or more) **strengths** that would help me in college:

What am I really good at?

1 thing that may be **hard for me** in college:

What do I need to work on?



1 **goal** college would help me achieve: