

What's Next: College?!

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

College Life

In this set, you and your teen will explore differences between university and community college life, such as academics, living options, and electives. Let's dive into what college life can look like for you.

p 02. College Classes

p 03. Living options and internships

p 04. Student Life

p 05. Admissions

p 06. -p 07. Paying for College

p 08. Student Directed Exploration Worksheet



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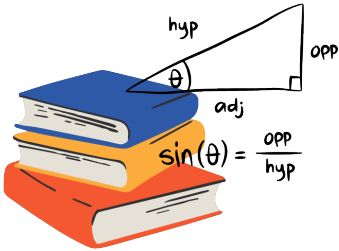
Work Together NC is a statewide initiative focused on the transition to adulthood for people with intellectual and developmental disabilities (IDD). Visit worktogethernc.com

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 Classes

In college, there are many different types of classes. Select the ones that interest you.



☐ ACADEMIC CLASSES

Some are academic classes, like the main subjects you studied in high school (ex. math, reading, history, science).



☐ ELECTIVE CLASSES

Others are elective classes, which are classes you choose based on your interests (ex. art, public speaking, health, theatre arts).



☐ CAREER TRAINING CLASSES

Community colleges typically offer career training classes, which means you learn specific skills for your career track (ex. food service, retail, automotive)



☐ LIFE SKILLS INSTRUCTION

Some programs also provide life skills instruction so you can learn to do more on your own (ex. laundry, cooking, budgeting, community navigation)



☐ INCLUSIVE CLASSES

Finally, you may want to consider whether inclusive classes are important to you. Inclusive means the class is open to people with and without disabilities, since some programs offer classes only for people with disabilities.

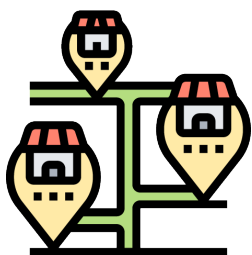
Living Options

Most Universities offer on-campus housing as an option, and all students at Community College live off campus. Select the ones that interest you.



☐ ON-CAMPUS HOUSING

This means you would live in a dorm (a shared bedroom) with a roommate, and you share a kitchen, study room, and bathroom with the entire hallway of students. Your classes would be within walking distance. Living on-campus makes it easier to meet new people and get involved in student life (pg 9).



☐ OFF-CAMPUS HOUSING

This means you would live at home with your family or in an apartment with roommates. This option typically offers more living space– for example, you share a kitchen with your roommates instead of the entire hallway of students, and you may get your own bedroom. Living off-campus comes with a lot of freedom and more responsibility.

Internships

Some University and College programs offer internships. Is something that interests you?



WHAT IS IT?

An internship is a work experience that prepares you to get a job.

HOW LONG?

Internships are usually for a short amount of time (3 months-1 year), so you may do more than 1 internship during your college experience.

WHY DO IT?

- . You would report to a supervisor, who may give you a list of tasks to do each day at work.
- . Even though it might be unpaid, internships still offer a great opportunity to gain new skills, discover your strengths and interests, and explore career options.
- . You can also put an internship on your resume or talk about it in a job interview.



Student Life

In college, there are lots of fun ways get involved in student life. The college experience is more than just taking classes– it is an opportunity to make friends and participate on-campus or in your community.

For example, you may want to...



JOIN A STUDENT CLUB



JOIN AN INTRAMURAL SPORTS TEAM



GO OUT WITH FRIENDS



GO TO EVENTS, LIKE SPORTS OR A CONCERT



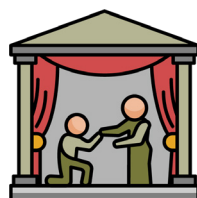
VOLUNTEER



JOIN A RELIGIOUS GROUP



DO A WORKOUT GROUP AT THE CAMPUS GYM



SEE A PLAY



HANG OUT ON CAMPUS



DID YOU KNOW?

Some University programs will pair you with a peer support: a college student who can help you meet new people and find fun things to do on campus.



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Admissions

Every College and University has different requirements to get in. Remember, everyone has their own timeline for college- some people apply while they are still in high school, and others wait a few years.

The admissions process can be confusing, so it's important to ask for help along the way!



YOU ARE HERE

Explore college options

- Find programs you are interested in
- Research the admissions requirements



Graduate!

- Finish high school and get a diploma or certificate
- Celebrate



Time to Organize

Get any required documents ready:

- ☐ Reference letters
- ☐ Resume
- ☐ Work sample



Submit your Application

Check the website of the school you're applying to and create an account to start your application and submit all your files.



Interview

You may get an invited to an interview! Search interview for tips and [resources on Work Together NC](#).



Yes or No?

Wait for your admissions decision! Plan a tour and start researching which program you're interested in.



Paying for College

One of the hardest parts about going to college is figuring out how to pay for it! College is expensive, but if you do your research, you can find resources to help you and your family pay for it.



EIPD

The **Division of Employment and Independence for people with Disabilities** (EIPD, formerly Vocational Rehabilitation) may be a source of funding if the individual meets “financial need” and the post-secondary training is needed to reach their job goal. Look up offices in your area or at the [NC State](#) level.

MEDICAID

Some programs, like UNCG’s [Integrative Community Studies](#), partner with an approved Medicaid provider. This allows students with the [NC Innovations Waiver](#) to use medicaid funds for certain college expenses (but not tuition).



STUDENT LOANS

At this time, students with disabilities who are attending non-degree college programs are not eligible for federal student loans. Some families choose to use private loan providers.



ABLE ACCOUNT

Now that NC has passed ABLE Act legislation, families and students can save for college and other expenses without impacting their benefits.



FEDERAL FINANCIAL AID

Federal financial aid is money awarded based on financial need. Students may be able to qualify for Federal Work Study, the Pell Grant, or Federal Supplemental Education Opportunity Grant. Learn more on the types of [financial aid: Grants, Work-Study, and Loans](#).



SCHOLARSHIPS

There are a few scholarships programs specifically for students with disabilities, such as Ruby’s Rainbow and the O’Neill Tabani Enrichment fund. Also, seek out scholarships offered through your town or school, such as Rotary Club. Just be sure to read the requirements- some scholarships are only awarded to degree-seeking students.



Feeling overwhelmed?

Not sure where to start?

Start with the 2 steps below, and see where it takes you. You've got this!

1

Fill out the application on [Federal Student Aid website](#). This is the first step to get approved for federal financial aid or other sources.

2

Every program has different financial aid options, so a good idea to call or email the programs you are interested in.

Questions
to ask

- . What resources do your students use to pay for the program?
- . Are there scholarships or other funding sources?
- . If so, how can I apply?

**DID
YOU
KNOW?**

DID YOU KNOW?

Most University and Community College certificate programs charge regular tuition and fees. There may also be additional costs for additional support services. In general, University programs are more expensive than community college because you pay to live in a dorm on campus, and there are more student facilities and resources available (ex. dining halls, campus gyms, football stadium).



DO YOUR RESEARCH!

For more detailed information on college financial assistance, check out these resources.

SELECT LINKS OR LOGOS BELOW TO LEARN MORE!



[Think College](#), Paying
for College resources

Bankrate

[Bankrate](#) Fully accessible
guide to paying for
college for students with
disabilities



[Scholarships and
Financial Aid for Student
with Disabilities](#)



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What's Next: College?!

Student-Directed Exploration Worksheet

NAME OF PROGRAM

LOCATION (CITY):

TYPE OF PROGRAM:

☐ University ☐ Community College

HOW LONG IS THE PROGRAM:

☐ 1 Year ☐ 2 Year ☐ 4 Year

Reference What's Next: College Research

WHAT COULD I STUDY?

- ☐ School subjects (Math, Science, Reading, Art)
- ☐ Food service
- ☐ Automotive (working on cars)
- ☐ Childcare
- ☐ Hospitality
- ☐ Landscaping
- ☐ Carpentry
- ☐ Animal Care
- ☐ Life Skills
- ☐ Other: _____

DOES THE PROGRAM OFFER INCLUSIVE CLASSES?

- ☐ Yes
☐ No



Reference What's Next: College,
Page 2

WHAT ARE THE REQUIREMENTS TO GET IN?

Age requirement:

Other requirements:

DOES THE PROGRAM OFFER INTERNSHIP OPPORTUNITIES?

☐ Yes ☐ No

COULD I LIVE ON CAMPUS?

☐ Yes ☐ No



Reference What's Next:
College Research, Page 3



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WHAT COULD I DO FOR FUN?

Look for the campus participation section



Reference What's Next: College Research, Page 4

WHAT IS THE COST?

Cost per semester:

IS FINANCIAL AID AVAILABLE?

☐ Yes

☐ No



Reference What's Next: College Research, Page 6

ONE THING I LIKE ABOUT THE PROGRAM

- Nice campus?
- Cool professors?
- Interesting subjects to study?

ONE THING I DO NOT LIKE ABOUT THE PROGRAM:

- Too expensive?
- Too far away?
- Do they have what you want to study?



My College Vision Location

Circle the ones that interest you.

WHERE TO LIVE?



On campus (in a dorm)



At home



Apartment

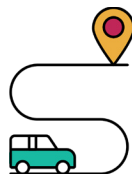


Not sure

HOW FAR AWAY?



Close to home



Far away



Not sure

WHAT TYPE OF CAMPUS?



Big campus



Small campus

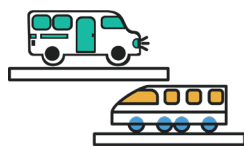


Not sure

WHAT TRANSPORTATION DO I PREFER?



Personal car



City Bus, Subway, Train



Pick-up service



Not sure

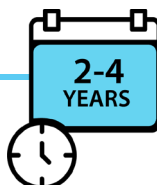
HOW MANY YEARS DO I WANT TO BE IN COLLEGE?



1 Year



2 Years



4 Years



Not sure



My College Vision Interests

Circle the ones that interest you.

WHAT CLASSES AM I INTERESTED IN?



Career skills training



Academic subjects



Electives



Life skills

DO I WANT AN INTERNSHIP?



☐ No, just classes



☐ Yes



☐ Not sure

DO I WANT TO PARTICIPATE IN STUDENT CLUBS AND ORGANIZATIONS?



☐ Yes

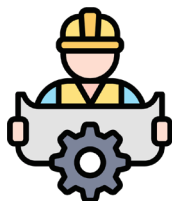


☐ No



☐ Not sure

WHAT DO I HOPE TO GAIN?



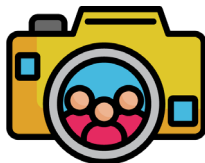
Career Training



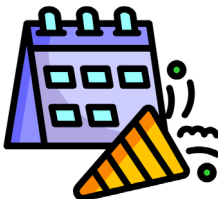
Life skills



Higher education



Make friends



Have fun times



Make more of my own
decisions



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