

What's Next: College?!

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

College Services

In this set, you and your teen will explore disability services and accommodations available in post-secondary school.

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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.



Disability Services and Supports

In high school, you may have received supports and services to help you succeed through an Individualized Education Program (IEP). There is no IEP in college, but you will have access to **accommodations**. Some programs also allow **modifications**.

An **accommodation** is a change to **how** you are learning. Many college students with disabilities use accommodations such as:



Extra time on tests



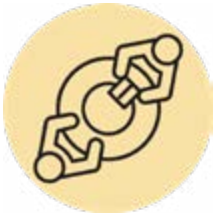
Copies of notes from a classmate



Permission to make audio recordings of classes



Access to audiobooks



Seating at front of class to limit distractions



Use of calculators on tests



Assistive technology (ex. text-to-speech, spelling software)



How to get accommodations

Some programs provide accommodations through a person-centered plan. You may be expected to write an email to your professors to let them know what accommodations you will need.

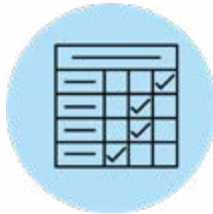
You can also request accommodations through your on-campus Disability Services office. This is an opportunity to identify your own support needs and practice self-advocacy.



A **modification** is a change to **what** you learning. If you are **auditing** a course (not for credit toward a diploma), you may be able to receive modifications such as:



Simplified assignments



Changes in scoring rubrics or grading scale



Reduced length of assignments



Materials provided at student's reading level



Access to help or tutoring to complete assignments



Picture or written cues



Unlike high school, your teacher (or professor) is not expected to modify your work. If modifications are allowed, it will be the responsibility of your program's staff or peer mentor.

So, what can I do now?



Do I think I am going to need accommodations?

- Yes
- No
- Maybe

Do I think I am going to need modifications?

- Yes
- No
- Maybe

If you answered **yes** or **maybe**, call or email the programs you are interested in to ask about disability services.

For example...

- What types of **accommodations** are available for students?
- How do students request **accommodations**?
- Does this program allow **modifications**?
- What types of **modifications** are available?

Accessibility Tool Catalogue



The [Livescribe smartpen](#) captures everything that you write and records everything that is spoken.



[Noise-reducing headphones](#) can support your ability to focus while studying or in-class by limiting sound distractions.



[Fidgets](#) can support your ability to focus by providing sensory input. Fidgets can also be a calming tool for managing stress.



[Google Read&Write](#) is an accessibility toolbar that includes a screen reader voice-to-text, and word prediction. Other similar tools include [Snap&Read](#) or the [Chromebook accessibility extension](#).



Phone apps can be a great resource for everything from medication management to daily reminders to community navigation. Check out [this inventory](#) of apps!



If you have trouble staying seated in class, a [weighted lap pad](#) is a sensory tool that can help give you a sense of security.

More information for Parents and Students



[Think College](#) is a national organization dedicated to developing and improving inclusive higher education options for people with intellectual disabilities.



What's the point? A [reflection](#) on the purpose and outcomes of college for students with intellectual disabilities.



[Rethinking College](#)

This 25 minute film illustrates how colleges and universities can provide a setting for all students to grow, learn, and build toward better futures.



[Inclusive Postsecondary Education for Students with Intellectual Disabilities](#)

This 8 minute video offers a student perspective on pursuing higher education.



[North Carolina Virtual Inclusive College Fair](#)

This Youtube playlist is great starting point for exploring college options.



[National Parent Center on Transition and Employment](#)

A hub of resources including financial planning materials, post-secondary education search tools, and college preparation tips