

Planning for a Smooth Transition to College - Students with IEPs/504s



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Factors to Consider in Planning



- Type of school:
 - Pre-College program
 - 2- or 4-year college, private or public?
 - Liberal arts, technical, vocational
- Should your student take a gap year first?
- Does your student need a support program?
 - How comprehensive?
 - How intensive?
- Living on campus?

Program Components



- Possible Components

- Learning specialists

Counseling

Advocacy

- Summer orientation

Workshops

Groups

- Career planning

Internships

Tutoring

- Peer mentors

Social activities

- Support in the dorms

When and Who



- Time Table
 - ASAP
 - Research colleges and programs
- Transition planning team
 - STUDENT
 - School
 - Family
 - Treatment providers
 - Outside agencies

Differences Between HS and College



	HS	College
Applicable Laws	I.D.E.A. and 504	A.D.A. and 504
School Goal	SUCCESS	ACCESS
Who initiates services?	School	Student
Documentation	I.E.P. or 504	Additional documentation is often needed
Accommodations	School arranges	Student requests and arranges

Differences Between HS and College (Continued)



	HS	College
Parental Involvement	Very involved	Limited to none
Curriculum Modification	Common	None
Interaction With Teachers	Teachers approach student with concerns and reminders	Student must seek out assistance
Time/Assignment Management	Student's time/studying usually structured by others	Student manages own time and assignments

Preparation Before Starting at College



- Student should attend I.E.P. meetings
- Consider taking one college course (over the summer)
- Work on hygiene, chores, and sleep schedule. Make sure student can manage their own medication.
- Start encouraging student to do things more independently well before college.
- Discuss differences between high school and college.
- Figure out organizational system they will use before they start school.
- If student currently receives mental health treatment, determine whether/how it will continue.

Preparation Before Starting at College (Continued)



- Visit college and become familiar with campus.
- Learn about campus resources
- Speak to students in the college/program you're considering
- Work on developing good habits early. (Start checking college email daily 3 -4 months before starting.)
- Establish a plan for what student will do and who they'll go to when difficulties arise.
- Parents also need to prepare for this transition.

Students Who are Successful:



- Recognize that the first semester of college is not the time to drop all services.
- Demonstrate readiness and willingness to learn how to balance academics, socialization, and leisure time.
- Can speak about their disability, particularly their strengths, challenges, and accommodation needs.
- Self advocate
- Reach out for help when they need it
- Work to develop and utilize coping skills
- Have parents who are willing to let them take some risks and recognize they can't protect them from everything

Warning Signs at College



- Isolation
- Poor attendance
- Falling behind in schoolwork
- Feeling overwhelmed
- Spending too much time on electronics
- Not using accommodations when they are needed
- Increased depression/anxiety
- Not taking medications
- Substance abuse

Establishing Links to Post High School Supports



- Students should build up to emailing and calling college departments themselves (even if parents are also in contact with school).

 - Colleges
 - Special programs for students with disabilities
 - ✦ Application
 - ✦ Cost
 - ✦ Is participation in services mandated?
 - ✦ Level of advocacy for student
 - ✦ Communication with parents

 - Services all students can access
 - ✦ Counseling Center
 - ✦ Career Development
 - ✦ Tutoring
 - ✦ Wellness
- Disability Office
Housing
Athletics

Other Supports



- **ACCES-VR: Adult Career and Continuing Education Services-Vocational Rehabilitation**

ACCES-VR assists individuals with disabilities to achieve and maintain employment and to support independent living through training, education, rehabilitation, and career development.

- **Private Companies/Coaches**

- Executive functioning coaches (ex. New Frontiers in Learning)
- Educational consultants

If You Have Any Questions...



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