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
  - Summer orientation
  - Career planning
  - Peer mentors
  - Support in the dorms
  - Counseling
  - Workshops
  - Internships
  - Social activities
  - Advocacy
  - Groups
  - Tutoring
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

<table>
<thead>
<tr>
<th></th>
<th>HS</th>
<th>College</th>
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<tbody>
<tr>
<td>Applicable Laws</td>
<td>I.D.E.A. and 504</td>
<td>A.D.A. and 504</td>
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<tr>
<td>School Goal</td>
<td>SUCCESS</td>
<td>ACCESS</td>
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<tr>
<td>Who initiates services?</td>
<td>School</td>
<td>Student</td>
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<tr>
<td>Documentation</td>
<td>I.E.P. or 504</td>
<td>Additional documentation is often needed</td>
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<tr>
<td>Accommodations</td>
<td>School arranges</td>
<td>Student requests and arranges</td>
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<td>HS</td>
<td>College</td>
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<tr>
<td>Parental Involvement</td>
<td>Very involved</td>
<td>Limited to none</td>
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<td></td>
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<td></td>
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<tr>
<td>Curriculum Modification</td>
<td>Common</td>
<td>None</td>
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<tr>
<td>Interaction With Teachers</td>
<td>Teachers approach student</td>
<td>Student must seek out</td>
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<td></td>
<td>with concerns and</td>
<td>assistance</td>
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<td></td>
<td>reminders</td>
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<tr>
<td>Time/Assignment Management</td>
<td>Student’s time/studying</td>
<td>Student manages own</td>
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<tr>
<td></td>
<td>usually structured by</td>
<td>time and assignments</td>
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<tr>
<td></td>
<td>others</td>
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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
    - Disability Office
    - Career Development
    - Housing
    - Tutoring
    - Athletics
    - Wellness
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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