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| **Suggested Activities to Help High School Students with Disabilities Prepare for College** |
| **Year** | **Activities** |
| **Freshman year** | * Understand your disability and how to explain your learning needs to other individuals.
* Actively participate in the development of your IEP.
* Meet with your guidance counselor to review your schedule and ensure that you are taking the correct college prep courses.
* Understand which accommodations you need to enhance your learning.
* Be involved in school and community activities.
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| **Sophomore year** | * Continue to be an active member of your IEP team meetings.
* Determine if there are community agencies (e.g., rehabilitative services) that need to be contacted about attending an IEP meeting.
* Visit your school's career center or guidance counselor to discuss college requirements.
* Identify your career interests, and begin looking into possible occupational areas.
* Work on any basic skills that need remediation.
* Be involved in school and community activities.
* Take the Preliminary Scholastic Aptitude Test (PSAT) and consider what accommodations you might need for this test.
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| **Junior year** | * Identify a possible career goal, and begin looking at colleges that meet your interests and abilities.
* Continue focusing on time management, stress management, and study skills.
* Keep working with your IEP team to move closer to your goal of attending college.
* Identify the academic adjustments that you have found most helpful.
* Make sure to consider your technology needs.
* Take the SAT or ACT admissions exams. Think about taking them more than one time.
* Visit college campuses and discuss which services and supports are available through the disability support services office.
* Determine the documentation requirements for the colleges to which you are interested in applying. Make sure your documentation is current.
* Learn about financial aid opportunities and available scholarships.
* Continue contact with community agencies for possible support.
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| **Senior year** | * Determine the application deadlines for the colleges in which you are interested.
* Work on obtaining letters of recommendation.
* Develop your personal essay. Have a number of individuals review the essay for example, your English teacher and guidance counselor.
* Complete college applications; make sure all directions have been carefully followed. Ask someone to proof your application to be sure you have not missed anything.
* Work with your IEP team and community agencies (if appropriate) to determine your support needs.
* Once accepted, consider attending a preadmission summer program (if the college offers one) to help with your transition into college.
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