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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. |
| **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. |
| **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. |
| **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. |