



## Post-Secondary Guide for Transitioning Students

### What are the differences between types of post-secondary settings?

- **Four year college or university:**

Four year colleges/universities may offer autism specific support programs. However, almost all colleges offer disability services. These settings require more self-advocacy among the students and students are expected to be more independent.

- **Cooperative education:**

Cooperative education is the integration of classroom learning and hands-on practical experience for academic credit. Cooperative education allows for students to be paid and is an academic requirement.

- **Community college:**

Community colleges offer 2 year programs to prepare and educate diverse learners. Community college settings are more student focused and also offer smaller class sizes. In addition, tuition and fees are lower than other post-secondary settings.

- **Vocational/technical school:**

Vocational and technical schools provides hands on learning and workplace experience and occupation-specific instruction. Vocational schools also offer internships and mentorships specific to your field of interest.

- **Life skills program:**

Life skills programs offer services and supports to help individuals with ASD live and work independently. These programs integrate education, life skills, vocational, social/self esteem and leisure components.

### Post secondary settings can break down academic years differently:

- **Semesters:** 2 required terms (fall and spring) with an optional summer semester that lasts 15 weeks.
- **Trimester:** 3 required terms that usually lasts 10 weeks each (fall, winter, and spring quarters) with optional summer term. Generally, students take less courses but have more terms in a year.
- **Quarters:** 3 required terms of 10 weeks. Students are expected to take more courses overall (and classes are fast paced).

For more information on this topic go to [www.autismspeaks.org/family-services/tool-kits/postsecondary](http://www.autismspeaks.org/family-services/tool-kits/postsecondary) or <http://www.paaautism.org/resources/CaregiversorParents/ResourceDetails/tabid/142/language/en-US/Default.aspx?itemid=957>

## Post-Secondary Guide for Transitioning Students

### How can I prepare for post-secondary life during high school?

- ☐ Attend IEP meetings and talk about transition and future goals.
- ☐ Prepare for and take all standardized tests (SAT, ACT).
- ☐ Think about your interests, attend college fairs, and take career assessments.
- ☐ Figure out if attending a post-secondary setting is the best fit for you by talking to family, friends, and teachers who have completed post-secondary education. Also explore other options available after graduation.
- ☐ Talk with your guidance counselor or teachers about options and course requirements.
- ☐ Research and visit post-secondary programs you may be interested in. Know what services are available for each post-secondary setting.
- ☐ Prepare academic adjustment letters and self-advocate for adjustments (i.e. if more test time is needed).
- ☐ Identify and practice independent living skills and self advocacy skills necessary for college life.
- ☐ Learn about financial aid resources and discuss funding with your family.

#### For more information on this topic go to:

[www.vgcc.edu/DisabilityServices/Checklist\\_for\\_Preparing\\_for\\_Postsecondary\\_Education.pdf](http://www.vgcc.edu/DisabilityServices/Checklist_for_Preparing_for_Postsecondary_Education.pdf)

### Questions to consider during post-secondary transition planning:

#### Disclosures

- ☐ Am I comfortable discussing my diagnosis?
- ☐ Should I partially or fully disclose my diagnosis?

#### Self-Advocacy

- ☐ What skills do I need to advocate for accommodations?
- ☐ Am I comfortable asking for help when needed?
- ☐ Are there other students I can talk to about life on campus?

#### Coping Strategies and Self-Motivation

- ☐ What skills will I need to handle a fast-paced learning environment?
- ☐ What resources will I need to live away from home?
- ☐ How will I motivate myself when I don't feel like going to class or completing school work?

#### Financial Aid

- ☐ Can I apply for financial aid?
- ☐ What additional expenses will I need to consider in addition to tuition, housing, and dining plan (i.e. assistive technology and maintenance or additional services offered through campus)?

#### For more information on this topic go to:

[www.PAautism.org](http://www.PAautism.org) or [www.drexel.edu/autism](http://www.drexel.edu/autism)



DREXEL UNIVERSITY

A.J. Drexel

Autism Institute

**Post-Secondary Visit Checklist**

Name of School:

Type of School:

Date Visited:

Application Due:

**Admissions & Programs**Does this school have my major of interest? ☐ Yes ☐ No Does this school have support programs? ☐ Yes ☐ No

| If the school has support programs does it offer: | Y | N | Description                                                        |
|---------------------------------------------------|---|---|--------------------------------------------------------------------|
| Peer mentorship                                   |   |   | Are there other students who will help me and serve as a resource? |
| Accommodated living                               |   |   | Will housing be accommodated for my needs?                         |
| Social skills groups                              |   |   | Are groups available to help improve my social skills?             |
| Social outings                                    |   |   | Are there group activities off-campus that I could be involved in? |
| Fee for services or additional fees               |   |   | Are these supports an additional cost?                             |
| Liaison support to faculty                        |   |   | Will disability staff interact with faculty?                       |
| Tutoring                                          |   |   | Will there be additional academic support?                         |
| Job-coaching                                      |   |   | Is there specialized job training available?                       |
| Individual case manager                           |   |   | Will I be able to meet with someone to discuss progress?           |
| Psycho-social assessments                         |   |   | Will assessments be conducted to help guide my studies?            |

| Staff I met with:          | Y                           | N |
|----------------------------|-----------------------------|---|
| Financial aid              | Name & contact information: |   |
| Professors and key faculty | Name & contact information: |   |
| Program advisors           | Name & contact information: |   |
| Counselors                 | Name & contact information: |   |
| Behavioral staff           | Name & contact information: |   |
| Disability services        | Name & contact information: |   |
| Autism support staff       | Name & contact information: |   |
| Resident assistants (RA)   | Name & contact information: |   |
| Other students             | Name & contact information: |   |

**What high school course substitutions are accepted?**

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## Post-Secondary Visit Checklist

### Academics

- Can accommodations be made in my classroom (i.e. assistive technology or extra test time)?  
☐ Yes ☐ No
- How much reading, writing, and public speaking is required for my major? \_\_\_\_\_
- How many students are in an average classroom? \_\_\_\_\_
- Are my professors easily accessible? ☐ Yes ☐ No
- What is the best way to contact my professors? ☐ After class ☐ Office hours ☐ Email ☐ Phone call

If I have more questions, I can contact: Name \_\_\_\_\_ Department \_\_\_\_\_

Contact Information \_\_\_\_\_

### Disability Services

- If re-evaluations are every 3 years, how current must my test results be to apply for accommodations? \_\_\_\_\_
- What type of accommodations are offered and how do I apply for them? \_\_\_\_\_
- What type of assistive technology is offered? \_\_\_\_\_
- How will my academic advisor and disability advisor work with each other? \_\_\_\_\_
- How is confidentiality handled? \_\_\_\_\_
- Is there a support group on campus? ☐ Yes ☐ No
- Does your services follow up post graduation? ☐ Yes ☐ No

If I have more questions, I can contact: Name \_\_\_\_\_ Department \_\_\_\_\_

Contact Information \_\_\_\_\_

### Campus Life

- What type of housing is available?  
☐ Single room ☐ Dorm style (1-2 roommates) ☐ Suite (shared common area) ☐ Apartment living  
☐ Off campus housing
- Are there quiet study areas or private study rooms where I can do my work? ☐ Yes ☐ No
- Can I easily get to my classes? ☐ Yes ☐ No Is public transportation available? ☐ Yes ☐ No
- Can I drive my car to campus? ☐ Yes ☐ No Is parking available? ☐ Yes ☐ No
- Is there an activity or social group I am interested in being involved in? ☐ Yes ☐ No
- What activities or social groups are available? \_\_\_\_\_
- What is the campus setting? ☐ Rural ☐ Suburban ☐ Urban How large is the student body? \_\_\_\_\_
- Are there meal options on campus? ☐ Yes ☐ No
- Can I see myself attending this school? Yes No

If I have more questions, I can contact: Name \_\_\_\_\_ Department \_\_\_\_\_

Contact Information \_\_\_\_\_