

# WELCOME

## College Planning for Students with Disabilities

Beth Bazukas, NCC, LPC

504 Facilitator

Lake Park High School

### Where to find ...

- LPHS College Planning for Students with Disabilities webpage:  
<https://www.lphs.org/Page/229>
  - PDF of this presentation
  - PDF version of the LPHS Guide to College Planning for students with disabilities (you can print or request a hard copy)
  - A copyable Google version of the College Decision Making Worksheet (copyable Google Doc):
- The evaluation & to request a copy of materials including this presentation and the complete guide (please complete this)! :  
[link will be posted in the chat at the end of the meeting](#)

# Why am I here?



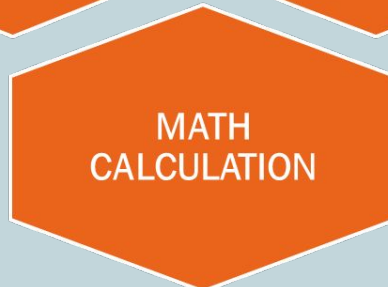
# Why are you here?

Freshman



Sophomore

Junior



Senior

Also a great motto for college planning!



The “D” word...

**Why get comfortable with using the term “Disability”?**

- **It is the language of the law**
  - Section 504 of ADA: Americans with Disabilities Act (504 Plan)
  - IDEA: Individuals with Disabilities Education Act (IEP)
- **It is the term that colleges use**
  - Often part of the departmental title that provides services
  - i.e. Center for Students with Disabilities (DePaul), Center for Access and Accommodations (COD)
- **Less about the label than what that label provides**

# What's Happening Now?

- **Increase in 504 requests at Lake Park (Anxiety & ADHD)**
  - Can be difficult to differentiate between the two diagnoses
  - Are often felt together
  - “Everyone” experiencing symptoms in today’s climate
- **Increase in accommodation requests in colleges**
- **Increase in Covid and health-related requests for accommodations**
  - Sometimes being coordinated by Disability Services
- **Test optional admissions opening doors for admission**
  - Dramatic increase in number of overall college applications
  - Expectation for success hasn’t changed
  
- **Are new graduates “College Ready”?**

## Success in High School and Beyond...

*\*These skills have been challenging for ALL students in an era of remote/hybrid learning- in both high school and colleges.*

- **The most successful students demonstrate well-disciplined study techniques.**
- **They develop strict study schedules, routines, and networks.**
- **These students prepare, perform, and ask questions when necessary.**
- **They have found a comfortable place to study with sufficient light and few interruptions.**
- **They know when to say “no”.**
- **With each success, these students build self-confidence.**

# Understanding My Disability/Diagnosis

- **Talk to Parents, Teachers, Counselor, Social Worker**
- **Review any diagnostic information**
  - 3-year re-evaluation, Neuropsych Evaluation, Medical Evaluation
- **Know what accommodations you need**
  - Extended time, tests read, enlarged print, counseling support, etc.
- **Ask the TOUGH questions**
  - **Am I *academically* college-ready?**
  - **Am I *independent* enough to handle college?**
  - **What is the best fit for me?**
    - (staying close, big school, small school?)

## Difference between IEP's AND 504's

- **IEP: Individualized Educational Plan**
  - ***IDEA (1975)***: Free, appropriate, mandatory public education (FAPE).
  - ***Special Education***, may be eligible through 21 years old.
  - ***IEP ends with high school.***
- **Section 504**
  - ***ADA (1990)***: To ensure accessibility to optional education.
  - Students must be otherwise qualified to be admitted.
  - ***General Education***, may be eligible in college or workplace.

\*Changing IEP to 504-why and when?

# Differences Between HS & College

## High School

## College

Identified through assessment	→	Self-identify
Plan moves with student	→	Student self identifies
Program determined with parents	→	Planned program not guaranteed
Yearly IEP written with goals	→	No yearly meeting
Annual Review assesses progress	→	Student is responsible to manage educational progress
Right to free & appropriate public education	→	Right to <u>equal access</u>
Parents integral to academic plan	→	Parents no longer have <u>automatic</u> access to academic info.

# Most Common Accommodation Changes

Extended time to complete homework	→	NO extra time to complete homework
Tests read by staff	→	Tests will likely be read by a computer program
Test/homework choices reduced options	→	Test/homework choices will have same options as everyone else
Teacher notes given to students	→	Students will be able to audio record the class
IEP's may have modified work	→	NO modification of work

# Cool Tech Supports (find in Additional Resources of the Guide)

Tools for anyone, that you don't need accommodations to use!

## Turn on Captions

- Simple in Google Meets, may be helpful to stay engaged

## Voice to Text

- Super simple in Google Docs (LP's chosen platform)
- Can also use for presenter notes in Google Slides
- Helpful if struggling to get ideas onto paper

## Read & Write Chrome Extensions

- A bit more tricky to set up & engage
- Worth it if you want text read
- Not Google-specific

## Audio Books

- Very accessible on youtube, etc.
- Many textbook companies offer audio versions with online access

## So...Who will be on your NEW team?

- **Parents/Guardians**
- **DuPage County Rep**
- **Professors**
- **Office of Disability Services**
- **Specialist**
- **Therapist**
- **Psychiatrist**
- **Roommates/Friends**

# IDRS: Illinois Department of Rehabilitations Services

**Right now, it is hard to connect w/them, so keep trying..**

- **630-495-0500 (general #)**
- **Try to connect before graduation(seniors only)**
- **Help with education (including financial aid for COD)**
- **Help with job success/acquisition**
- **Can be right after high school or later in life**
- **Can also help with diagnosis later in life**
- **Needed documents in Transition Section (I'm seeking updates)**

## Post High School Options

- **Vocational or Certificate Programs (non-degree)**
  - **College of DuPage, Harper Community College:**
    - e.g. Health Sciences: Medical Assistant, Phlebotomy
    - Vocational Skills Program and COACH (job support)
  - **Elmhurst College: ELSA Program**
- **2-Year College (2-year degrees +, combo plan)**
  - **College of Du Page, DeVry, Harper Community College**
    - Associate in Applied Science (AAS), Associate in Arts (AA)
    - 2+2 and 3+1 programs
- **4-Year College (sample degrees)**
  - **Elmhurst College, Loras College, DePaul, NIU, University of Iowa**
    - Bachelor of Science (BS)
    - Bachelor of Arts (BA)



# Levels of Services

- **Required services**
  - Standard, reasonable accommodations
  - Basic accommodations: tests read, extended time
  - Many are services that are available to all students
  - Counseling services/Mental Health offices are common
- **Supportive services**
  - Special tutoring, possibly consultants, mentors, or therapists
- **Specialized programs, (Typically fee-based)**
  - Clinicians, tutoring, parent reports
  - SIUC Achieve program: 3 levels of support (a la carte)
  - Loras College Lynch Learning Center: Specific to Autism Spectrum Disorders
  - EIU STEP program: Specific to Autism Spectrum Disorders

## Unique Options to look for

- **Summer transition programs**
- **Early move-in**
- **Priority registration**
- **Social activities**
- **Mentoring**
- **Executive Functioning Support**
- **Option for a single room** (be thoughtful about possible isolation)
- **Counseling support**
- **Social communication instruction**
- **Education-to-work emphasis**

# Specialized Programs

- See Section on ADHD/Autism/Mental Health for college programs around the country.
- **Loras College, Dubuque, Iowa**
  - Lynch Learning Center: For students on Autism Spectrum. Weekly study table sessions, bi-monthly mentoring, specialized career prep.
- **SIU-Carbondale**
  - Achieve Program: Comprehensive, fee for service program.
  - Can include case management, academic coaching, organization help, etc.
- **University of Wisconsin-Whitewater**
  - Project ASSIST: 1-1 Tutoring, Drop-in Tutoring, Organization & Time Management Tutoring

# Mental Health Supports

- See list of schools with “exceptional services” in SPECIAL PROGRAMS: ADHD/Autism/Mental Health Section
- **If it isn't broken...**
  - Look to duplicate the current plan if it has been working.
  - Identify which things the student should be in charge of and which (if any) parts should be maintained by parent/guardian
  - Medication
  - Psychiatry and/or Therapy: are Skype or regular visits home an option? (Right now virtual visits covered by insurance(very common))
  - Positive Lifestyle choices and plan
- **ANY CHANGES THAT YOU'D LIKE TO MAKE FOR COLLEGE, MAKE BEFORE COLLEGE!**

# Choices College Fair

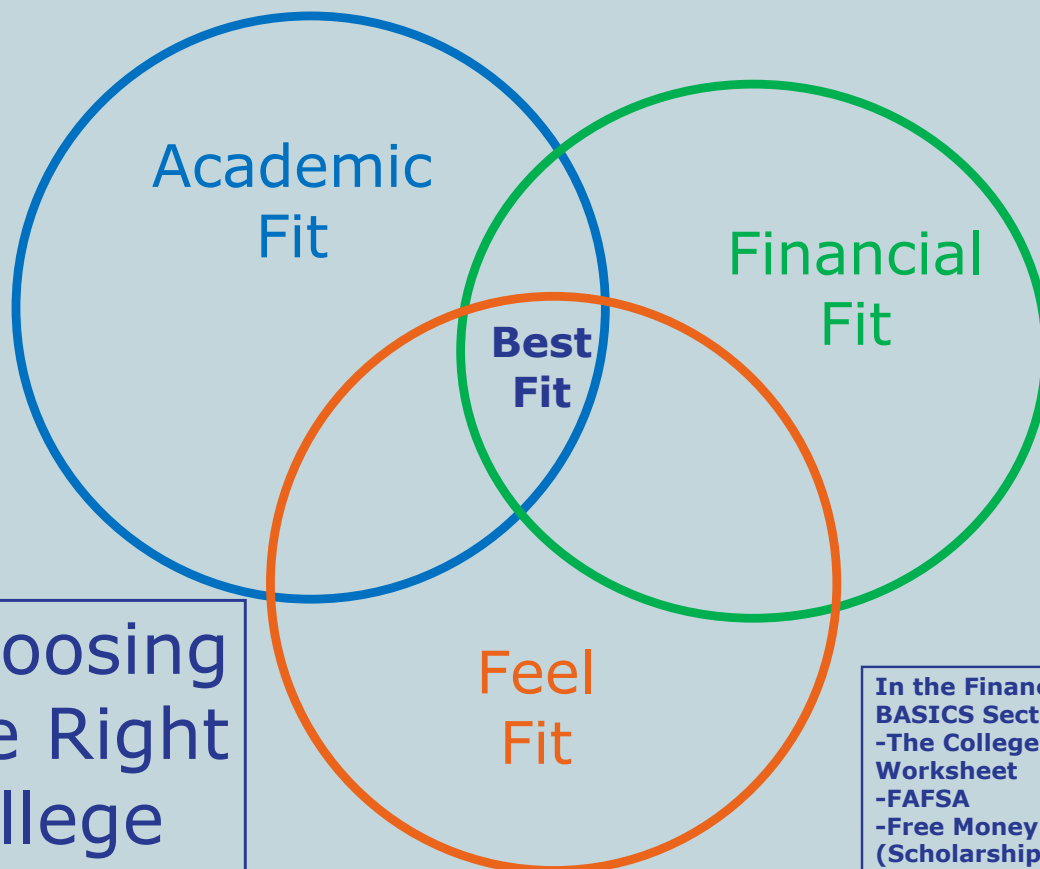
- **October 26, 2021** (will be virtual again, time TBA)
- **Stevenson High School**
- **Check out the CHOICES website:**
  - [www.postsecondarychoices.org](http://www.postsecondarychoices.org)
  - List of colleges and contact numbers
  - Links to previous presentation topics/recorded sessions
- **Look for college-specific fairs or workshops at potential colleges**
  - UW-Whitewater: Opening Horizons-April 29, 2021
  - <https://www.uww.edu/csd/resources/opening-horizons>

## Documentation (a quickly evolving topic)

- **MAY** be required to be updated (typically w/in 3 yrs of application)
- **MUST** be formal: including diagnostic assessments - no notes on prescription pads or AIMSWEB for diagnosis
- **MUST** be by qualified professional: Psychiatrist, Psychologist, Neuropsychologist, Masters Level Social Worker
- **MUST** be specific to disability
- **SHOULD** state specific accommodation requests that relate to specified disability
- **WATCH** timeline if switching from IEP to 504!(Remember-NOT mandatory!)
- Contact Donna Pizzuto at E/C if you need copies of IEP docs: dpizzuto@lphs.org 630-295-5203
- Contact your counselor for a PDF of 504 Plans.

# Admissions

- **MUST apply through standard application process FIRST** (typically, no special consideration for admit unless school has alternate admissions like SIU-C or WIU.)
- **Additional applications for special services** (typically w/student college ID)
- **All colleges require disability documentation to receive services**
  - (current trend is that this is more important than actually having an IEP or 504.)
- **Must self-identify to receive services**
- **Tell your LPHS counselor if they may/not include information about your disability in letters of recommendation**



Choosing  
the Right  
College

In the Financial Aid  
BASICS Section:  
-The College Decision  
Worksheet  
-FAFSA  
-Free Money  
(Scholarships)  
-Not so Free Money  
(Work Study)  
-NOT Free Money  
(Loans)

# College Search Checklist

- **Make a “Paying for College Plan”** (*Financial Fit*)
  - See “Right College, Right Price” in Transition
- **Research, research, research** (*Academic Fit*)
  - Location, size, level of service
- **Visit, visit, visit** (*Feel Fit*)
  - Never too early, take notes, meet with supports
  - Can start with virtual visits; now every college has them
- **Get organized!**
  - Don’t hesitate to use Excel, Google Docs, whatever you need to help you keep track and compare schools!
  - Use the College Decision Making Worksheet or other tool to compare schools <https://www.lphs.org/Page/229>

## NCAA Information for Student-Athletes

- **At Lake Park, the majority of Special Education classes are approved by NCAA with appropriate documentation.**
- **A disability does NOT exempt students from taking required courses.**
- **Juniors should be registering with NCAA Eligibility Center NOW.** (must be done before you can make an official visit: [www.Web3ncaa.org](http://www.Web3ncaa.org))
- **NAIA or NJCAA are other associations that have eligibility requirements.**

# 7 Steps for Self-Advocacy

1. **Know Yourself**
2. **Know your rights**
3. **Improve your communication skills**
4. **Advocate for your needs while in high school**
5. **Develop your school skills**
6. **Develop your resources and your TEAM**
7. **Assess your progress**
8. **Know how to advocate for your needs after high school**

## Special Thanks To:

- **Dr. Lynn Gallagher, Lynch Learning Center at Loras College (Programs for ASD)**
- **Mr. Frank Palmasani, Counselor at Providence High School (Author of Right College, Right Price)**
- **Families! Over the years, there have been other parents who ask, advocate, and understand. It's too hard to do this alone, so Thank You!**

*-Beth*