

10 Things

every college student with a disability should know

1. The college you go to *wants* you to succeed. Take advantage of the wide array of services that are there for you.
2. The real challenge is not getting into college; the real challenge is making it OUT. Talk to others and gather support systems.
3. You will need to provide documentation if you will need accommodations related to your disability.
4. The first semester will generally be the toughest for *any* student. You may want to take a lighter load of classes to ease into things.
5. There is no “special education” in college. You will be in the same classes and expected to do the same work as other students.
6. You should go to class. Many classes have attendance requirements and though this new freedom may be exciting, going to class is the best way to do well.
7. You need to plan on at least three hours of homework per class hour. If you work slowly, plan on using extra time to get that work done.
8. Good communication and self-advocacy skills are essential. Don't be afraid to insist on your rights but do it in an assertive, respectful way.
9. Dropping a course does not mean that you failed. It means that you were smart enough to know that you needed more time before taking it in full.
10. Finding a mentor can ease your college experience. You can ask an older student, a teaching assistant or a community member for advice, guidance and help in navigating the system.