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COLLEGE

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Just say YES to College!

Presentation to Mundelein High School

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Loras College



What is the difference between high school and college?

High School

The school district is responsible for “finding” you and determining what supports you need.

College

You must seek help and know what accommodations you need. No one will find you.



Where you receive services

High School

In a resource room, a general education classroom, a self contained classroom, etc.

College

In the disability services office or the classroom (depending upon the actual accommodation)

Documentation



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High School

- The school district is responsible for providing testing (paid for by the school).
- IEP's and 504 plans are developed based on testing results.

College

- You must provide “proof” of your disability
- Colleges can set their own guidelines for documentation.
- High schools are not required to do a comprehensive evaluation before graduation.
- After HS, you are responsible for paying for new evaluations.



High School

Special Education Law

- The Individuals with Disabilities Education Act (IDEA) provides the mandate and funding to schools for in-school special education services as well as transportation/ buses to school, physical, occupational, speech therapy, and tutoring

College

Civil Rights Law

- American with Disabilities Act (ADA) and Section 504 of the Rehabilitation
 - Colleges are required only to offer accommodations & support services; not services of a personal nature.
 - Tutoring is not required under ADA. Some colleges offer tutoring through disability services and some colleges have tutoring centers for all students.
 - Foreign Language waivers & other course substitutions are not automatic



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What you need to do while you are still in high school



Find out about your disability

- Talk to your parents, teachers and/or guidance counselor to learn about your specific disabilities.
- Understand the academic impact of your disability.
- Know your strengths and areas of need
- Know how your disability might impact your future career.
- Make sure you have current documentation before you leave high school.
- Read and understand your documentation.



Actively participate in all IEP and/or 504 meetings

- These meetings are about YOU! You should be present and direct the meetings if you are so inclined.
- Participate in self-advocacy training
- Learn to express your needs, strengths, concerns, interests and goals.
- Know what your rights and your responsibilities are.



Create a personal file

Your file should include the following:

- Disability documentation
- Current high school records
(transcripts, results of standardized testings, etc.)
- Medical records (if they are relevant to your education)
- Copies of current IEP or 504 plans
- Results of college entrance exams (ACT or SAT)
- Copies of all psycho-educational testing (most recent on top)



Self Advocacy

- Self-advocacy means speaking or acting for yourself
- It means deciding what is best for you and making sure you receive what you need
- It means knowing your rights and responsibilities and teaching others about your rights and responsibilities.



Why is self-advocacy important?

- It helps us to develop assertiveness skills & good communication skills.
- It teaches us to make decisions and choices that affect our lives so that we can be more independent.
- It helps us to develop confidence about our abilities.



When will I use it?

- When you need additional accommodations.
- When you don't have access to some activity on the campus and you need to have that barrier removed.
- When you are having disability-related difficulty in a class and need some extra assistance.



How can I practice self-advocacy?

- Understand what your disability is and how it affects you
- Understand your rights and responsibilities under the Section 504 of the Rehab Act and the ADA
- Use this information to achieve your goals and advocate for yourself



Choosing a college, knowing your options.

- All colleges are required by law to provide accommodations to students with documented disabilities.
- Some colleges offer specialized programs that are highly structured and include a wide range of academic and behavioral supports.
- Other colleges offer support services that are less intensive and that require students to ‘take the lead’ in monitoring their progress and managing their special needs on campus.



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Programs vs. Support Services



Programs

Programs are specifically designed for students with disabilities and provide more in-depth services and accommodations.

Not all colleges have these types of programs. When offered, the most common types are designed for students with learning disabilities and/or ADHD.

These programs usually have costs in addition to tuition.

These programs often provide one-on-one tutoring and sessions with a learning disability specialist.



Support Services

Support Services are the resources available at no cost for students with disabilities.

Support services include reasonable accommodations, such as extended time for assignment and testing, note-takers, the use of a calculator, and preferential seating in classrooms.



Skills you need to be a successful college student

1. Plan a budget
2. Manage your time
3. Be aware
4. Learn to memorize
5. Know your textbook (SQ3R)
6. Learn to take organized, helpful notes
7. Establish good listening skills and ask meaningful questions
8. Know your resources



- 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.



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