

Self-Advocacy: Making It Happen in College and Beyond

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What is Self-Advocacy?

- Ability to understand and effectively communicate one's needs to other individuals. In college, to advocate effectively for yourself, you will need to learn about yourself, your disability, and laws that ensure your rights.



Goals for this Session

- Provide overview of legal differences between high school (special education) and college (disability services)
- Provide ideas on setting students up for college success
- Provide tips for students to help themselves
- Highlight differences between high school and college
- Emphasize the importance of TECHNOLOGY as a great equalizer

Legal Differences between High School and College

IDEA (High School)

- Individuals with Disabilities Education Act (IDEA)
- Free and appropriate public education
- Entitlement Law
- Remedial Learning Tools
- Outcome Oriented: Successful Learning

ADA/Section 504 (College)

- American with Disabilities Act (ADA)
- Section 504 of Rehabilitation Act of 1973
- Optional Education, and NOT FREE!
- No one is *entitled*... Equal access is the goal.
- This is a Civil Right.
- Aids and Accommodations
- Equal Access – Not Equal Outcome

Legal Obligations for Higher Education

- “Substantial limitation of one or more major life activities” – not everyone gets blanket accommodations; documentation has to warrant accommodations requested.
- The institution and its academic programs have a right to set academic and technical standards. If the student does not meet those (with or without accommodations); he/she is not eligible to enroll.
- Institutions legally cannot inquire about disability status; therefore, it is the student’s responsibility to seek out the Disability Support Services office.

Responsibilities at the Secondary and Postsecondary Levels

Issue	Responsibility at Secondary Level	Responsibility at Postsecondary Level
<ul style="list-style-type: none">• Identification• Assessment• Programming• Advocacy• Decision Making• Transition Planning	<ul style="list-style-type: none">• School• School (initially)• School/Parent• School/Parent• Placement Team• Placement Team	<ul style="list-style-type: none">• Student• Student• Student-Institution• Student• Student• Student

How are you feeling?



Help Me, Help Myself

- Know yourself
 - a) Identify strengths and weaknesses
 - b) Review diagnostic tests
- Know what you need
 - a) How do I compensate?
 - b) What accommodations work best for me?
 - c) Am I comfortable asking for help?
- Know how to get what you need
 - a) What are my rights?
 - b) Where is the Disability Service office?
 - c) How do I communicate effectively?



What can I do to prepare myself for this transition?

- Update medical and/or psychological information; check with the college as to what “current” means (usually within 3 yrs)
- Understand your disability and you are impacted
- Participate in your IEP meeting
- Take the most difficult courses you can reasonably handle
- Make a list of desirable characteristics in a college
- Identify your interests NOW; begin exploring career options (What are you passionate about?)

What can I do, cont.

- Began visiting colleges during Spring of junior year
- Inquire about admission process to the school of your choice
- Contact the Disability Services office
- Inquire about types of academic accommodations that are typically provided for a student with a similar disability
- Inquire about tutoring (Free or Charge)
- Take high school courses that are preparing you for college
- Be able to describe disability in detail



What can I do, cont.

- Learn to plan and organize your time
- How do you feel about Math or Foreign Languages?
- Balance strengths and weaknesses
- Be prepared for the unexpected – Road blocks exist!



Let's Attack the Myths



It's better to avoid the label "disability" because such labels are ultimately damaging to a student's self-esteem.

I don't need to use accommodations in college. I will figure it out.

I got easy As in high school, college shouldn't be hard.

When students encounter a very difficulty academic situation, it's best to let their parents take over.

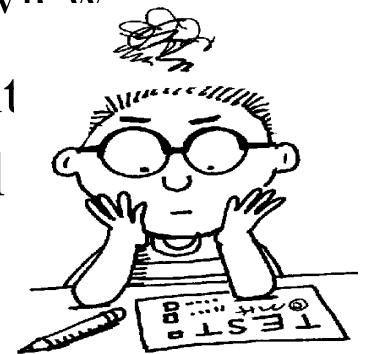
Differences Between High School and College

Test Taking – High School

- More frequent testing (end of chapter, quizzes)
- Chances to make up tests given often
- Review periods, study guides given for tests

Test Taking - College

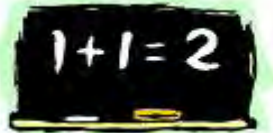
- Cumulative (2-3 tests in an entire semester)
- Make-up tests seldom given
- Rarely offer review
- Mastery is ability to recall what is learned



Differences cont: Instructors

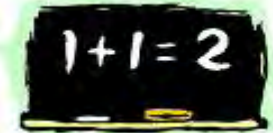
High School

- Takes time to remind
- Available all day
- Offers frequent review
- Trained in teaching
- Checks on your progress frequently, provides feedback on grades, progress, etc.


$$1+1=2$$

College

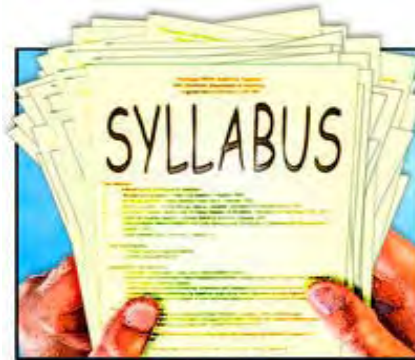
- Doesn't remind you of incomplete work
- Has office hours
- Expects you to think and to get it
- May not always follow the text book
- May not check homework


$$1+1=2$$

Differences cont: Classes

High School

- Little time between classes
- Little choice in schedule
- Smaller class size
- Little advising required
- Courses are waived fairly easily



College

- Breaks between class
- 12-16 hours per week in class
- Arrange own schedule
- Classes can be very large (100+students)
- Advising takes time and thought
- Very few course waivers granted

Transitioning to College

- Check this out!

<http://www.youtube.com/watch?v=STCAlKAQfc4&feature=related>

YOU CAN DO IT!

- <http://www.youtube.com/watch?v=gZHP2TPkZEK&feature=relmfu>

Technology is your Friend



<http://ici.umn.edu/ementoring> - E-mentoring

<http://www.intel.com/healthcare/reader/index.htm> - Intel Reader

<http://www.hyperwords.net> – Very cool – Check it out!

<http://www.remeberthemilk.com> – Reminders

<http://voicethread.com/#home> – good for auditory learners

<http://www.livescribe.com/en-us/?gclid=COKcx5KtrawCFYHe4AodS27-Hw> -

Smartpens

Different Apps for Iphones or I pads

- Picture Scheduler (\$2.99) : Provide picture or video cues for lists
- Anxiety App from iCounselor (\$4.99): Provides list of techniques to reduce anxiety
- Hidden Curriculum for Adolescents and Adults (\$1.99): A guide for appropriate behavior in a variety of settings
- iTalk (\$1.99): Voice memo feature that can be emailed

Advocate for yourself!



**Be
SUCCESSFUL
REGARDLESS
OF ATTITUDE,
PREFERENCE,
STEREOTYPES
, ETC.!**

Questions?

