

Discover

Virginia College Quest

A Guide to College Success for Students with disAbilities

A Web site offering information, resources and activities to help prepare middle and high school students with disabilities for transition to college.

Virginia College Quest includes

- ✓ *News on events and opportunities around Virginia*
- ✓ *Informational Webinars and Podcasts*
- ✓ *Personal stories of struggle and success from students with disabilities*
- ✓ *Information on IEP and Transition Planning*
- ✓ *Information on your legal rights and eligibility requirements in college*
- ✓ *Timeline for planning your move to college*
- ✓ *Checklists to help determine college services*
- ✓ *Skills inventory and Self-assessment tools to help determine your readiness for moving to college*
- ✓ *Listing of Disability Support Services personnel at colleges and universities throughout Virginia*
- ✓ *Information for Parents, Teachers, Guidance Counselors and Post Secondary Faculty and Support Staff*
- ✓ *Resources to help you locate additional information*
- ✓ *Free email newsletter to keep you up to date*

A project of the Virginia Department of Education Training and Technical Assistance Center at George Mason University and The Advocacy Institute.

Log on today... and begin your journey to college success!

Virginia College Quest
www.VaCollegeQuest.org

*Developed with a grant
from the Virginia Board for
People with Disabilities*



Webinar

SELF-ADVOCACY: *Making It Happen in College and Beyond*

www.VaCollegeQuest.org

Important Webinar Information

- ▶ Join Audio portion via toll-free number:
PH: 1-866-740-1260
Access Code: 3640051
- ▶ All participants have been sent HANDOUTS via email;
- ▶ All participant phone lines are muted during the presentation;
- ▶ Webinar is recorded for archival purposes;
- ▶ Use the "Chat" box to submit your questions to the presenter;
- ▶ Use the "Full Screen" option for best presentation viewing;
- ▶ For technical support during the event: call ReadyTalk Help @ 800.843.9166 or hit #0 for operator assistance.

Henry B. Reiff, Ph.D.



- Co-author of a number of books about adults with learning disabilities, including *Exceeding Expectations: Successful Adults with Learning Disabilities*, which was named a top LD resource by the American Library Association.
- Published more than forty articles and has given hundreds of presentations around the country.
- 30 year educator, Dean of Student Academic Life at McDaniel College in Westminster, MD, and a professor of special education.
- Maryland nominee for LDA Educator of the year in 2000.


Making It Happen in
College and Beyond

Self-Advocacy is the Key

Henry Reiff
McDaniel College


Part One:

Making It Happen
in College



Where does self-advocacy start?

*To
Thine
Own
Self
Be
True.*



Learn More about Yourself

- Have you ever reviewed your testing and evaluations?
- LD = discrepancy (or difference) between aptitude and achievement.
- Look at the individual scores. How has the examiner interpreted each of those scores?

Learn More about Yourself

Can you describe your learning style?

- Strengths – What are your strengths, (academic, extracurricular, social, etc.)?
- Weaknesses - What are your weaknesses, (academic, extracurricular, social, etc.)?
- Strategies – What kinds of strategies have helped you in work or school situations?
- Accommodations – What works? Why? What do you need in a college class?
- Have you ever sat down with someone and talked about what your learning difference means to you?

Stand Up For Your Rights

Get up
Stand up
Stand up
For your right
Get up
Stand up
Don't give up the fight.



Stand Up for Your Rights

- The change from IDEA 2004 to the ADA means students have to advocate for themselves to receive services.
- To disclose...or not to disclose – It's really not a question.
- Find Disability Services (DS).

Keep It Together

The Goal
Planning
Program

Daily
Routine

Stress
Management



Keep It Together

- The Goal Planning Program
- Your Weekly Routine
- A Jailhouse Calendar
- And don't forget to clean your room!

Want pizza and beer?



Get a job!

Want Pizza and Beer? Get a Job

- Who's going to pay for your good times?
- 78% of college students have some kind of job while they attend classes.
- You might learn a marketable skill.
- The keys- organization, time management, and prioritizing
- Your priority should be your success as a student.
- I was once the Weenie Man.
- And don't forget service work!

Part Two:

And Beyond!



Stand Up for Your Rights - Again



Stand Up for Your Rights - Again

- The ADA does not guarantee fame, fortune, and great returns on your investments – but it does ensure that you will not be discriminated against because of a disability.
- Do not see yourself as a victim.
- Establish credibility.
- You only have one chance to make a first impression. Practice makes perfect.
- To disclose or not to disclose – That is the question.

Building Self-Awareness

"Look, Marge, I'm sorry I haven't been a better husband, I'm sorry about the time I tried to make gravy in the bathtub, I'm sorry I used your wedding dress to wax the car, and I'm sorry -- oh well, let's just say I'm sorry for the whole marriage up to this point."



"I'm a white male, aged 18 to 49. Everyone listens to me! No matter how dumb my suggestions are."

Building Self-Awareness and Improving Self-Advocacy

- The change from IDEA 2004 to the ADA means employees have to advocate for themselves to receive accommodations.
- How do you explain your needs and subsequent accommodations?
- How do you rate your social skills? Has anyone ever given you feedback and commentary?

Building Self-Awareness and Improving Self-Advocacy

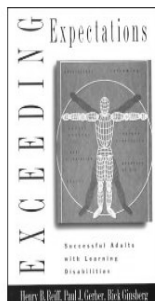
- Practicing social and self advocacy skills in "safe" environments:
 - You can make and learn from mistakes.
 - Observe others.
 - Discuss and share strategies.
- Adult support groups may help you develop self advocacy.
- Self advocacy skills must be grounded in self understanding.
- Consider counseling with a specialist.

7 Attributes of Success

desire

goal orientation

reframing



persistence

goodness of fit

learned creativity

social ecologies

7 Attributes of Success

- Desire
Just tell me I can't do it, and I'll do it.
- Focus on goals
Routines are important. Students who are academically successful in college have routines and follow them.
- Reframing learning disabilities into something positive and productive
Rules for persons with learning disabilities: you have to work harder than most other students, you have to stay organized, you have to stay focused and disciplined.

7 Attributes of Success

- Persistence
First in, last out, never giving up
Thomas Edison may have been the greatest failure of all time.
- Goodness of fit
If you do what you love, you'll love what you do
Reflections of a dyslexic dentist
- Learned creativity
Here's a quarter. Call someone who cares.
- Favorable social ecologies
Find a mentor. Be a mentor.

What is Success?

To laugh often and much;
To win the respect of intelligent people
and the affection of children;
To earn the appreciation of honest critics
and endure the betrayal of false friends;
To appreciate beauty,
to find the best in others;
To leave the world a bit better,
whether by a healthy child, a garden patch
or a redeemed social condition;
To know even one life has breathed easier
because you have lived.
This is to have succeeded.^[1]

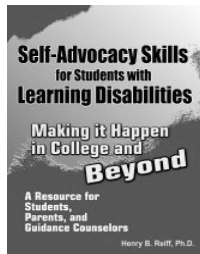
[1] Some controversy exists as to whether Emerson is the true author. Bessie Stanley may have been the source (<http://www.transcendentalists.com/success.htm>).

What is Success?

Tuesdays with Morrie - to-do list:

- Love your family and connect with others to love and care about.
- Find a career that has meaning for you.
- Contribute to the greater good of your community.

Find Out More



Goal Planning Program - Fall 2008

Name: _____ Date: _____

Purpose: (Why am I at McDaniel College right now?): _____

Goals:

1. Personal _____

2. G.P.A.

Anticipated: _____ Required by contract: _____

Individual Course Objectives:

	Course	Grade Objective	Study Time	Strengths to meet grade objective	Obstacles to meeting grade objective
1					
2					
3					
4					
5					

PROGRESS IN COURSES:

	Asian History	Am Lit	SOC	SPA	
Wk 1 (8/25)					
Wk 2 (9/1)				9/5 Quiz	
Wk 3 (9/8)					
Wk 4 (9/15)	9/19 Quiz				
Wk 5 (9/22)			9/25 Presentation	9/26 Quiz	
Wk 6 (9/29)	10/1 Quiz				
Wk 7 (10/6)		10/8 Presentation	10/9 Midterm		
Wk 8 (10/13)	10/17 Paper	10/13 Paper		10/15 Midterm	



DAILY SCHEDULE

Week of _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00am							
6:00							
7:00							
8:00							
9:00	Asian History	Study Sociology	Asian History	Study Sociology	Asian History		
10:00	Study History	Sociology	Study History	Sociology	Study History		
11:00	Am Lit	Sociology	Am Lit	Sociology	Am Lit		
12:00pm	Lunch	Lunch	Lunch	Lunch	Lunch		
1:00	Study Spanish	Work	Study Spanish	Work	Study Spanish		
2:00	Spanish	Work	Spanish	Work	Spanish		
3:00	Study Spanish	Work	Study Spanish	Work			
4:00	Soccer	Soccer	Soccer	Soccer	Soccer		
5:00	Soccer	Soccer	Soccer	Soccer	Soccer		
6:00	Dinner	Dinner	Dinner	Dinner	Dinner		
7:00							
8:00	Study Sociology	Study History	Study Sociology	Study History			
9:00	Study Am Lit	Study Am Lit	Study Am Lit	Study Am Lit			
10:00							
11:00							
12:00am							

Notes:

A GUIDE TO STRESS MANAGEMENT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/28	9/29	9/30	10/1	10/2	10/3	10/4
	Research History Outline Lit	Research History Outline Lit	Research History 2 pp Lit	Research History 4 pp Lit		History outline
10/5	10/6	10/7	10/8	10/9	10/10	10/11
History outline Study SOC	2 pp History 6 pp Lit Study SOC	4 pp History Prepare Lit presentation	Lit presentation Study SOC	6 pp History 8 pp Lit Midterm SOC	8 pp History	10 pp History Study SPA
10/12	10/13	10/14	10/15	10/16	10/17	COLLAPSE
Finish Lit Study SPA	12 pp History 10 pp Lit paper Study SPA	14 pp History Study SPA	17 pp History Midterm SPA	Finish History	20 pp History paper	

