Navigating the College Journey: Tips & Hacks

Independent Problem Solving
➜ Provide Scenarios
- ◆ You are about to run out of toothpaste. What do you do?
- ◆ You get a failing grade on a test. What do you do?

➜ Practice filling out forms (ie: Common App)
➜ Practice writing emails / Practice phone conversations
➜ Practice a challenging friend or roommate conversation
➜ Great Resource: *Talking College Card Deck*

After College Acceptance
➜ Look for the pre-college checklist on the college website or in your email from the school
➜ Develop a strategy for checking email regularly
➜ Set up the school email/portal as soon as it is available and develop a habit of checking daily
➜ Put all college deadlines in your personal calendar and a date/time to tackle each one

Preparing for the next semester
➜ Development of a system for tracking important dates
➜ Transfer all important dates from the university's academic calendar to your own
- ◆ Housing requests
- ◆ Registering for classes
- ◆ Breaks and holidays
- ◆ FASFA
- ◆ Semester payment due dates
- ◆ Add/Drop for classes

Work backwards in your calendar to block time for planning important events
(ie: Selecting classes before the registration date, meeting with the Academic Advisor, etc.)

Team Contact with the University
➜ Talk about who should be listed on the FERPA (Federal Education Rights and Privacy Act) and why
- ◆ Parent(s) / Guardians
- ◆ ADHD Coach (Optional)
- ◆ Psychologist/ Therapist (Optional)

➜ Disability Services
- ◆ Schedule Initial Appointment
- ◆ Provide documentation for accommodations
- ◆ Ask for a printout and a full understanding of how to set up accommodations with faculty

➜ Scaffolding
- ◆ The support team should work with the student and disability services to understand the procedures for tests and large projects
- ◆ Each University has different rules - some require sign-up each time for test accommodations
- ◆ TIP: When contacting college staff **always** put your ID number in the subject line for quicker response