

High School To College: What Now?

As another school year draws to an end, a new group of high school graduates will line up to accept their diploma.

CONGRATULATIONS . . . way to go! I am sure you are all experiencing a wide range of emotions; exhilaration and a sense freedom mixed in with just the slight hint of anxiety and fear. This is normal as change can be difficult. For those of you who are planning on continuing your education there are some things that will be very different. While in high school your district was required by federal law to provide students with disabilities **Free Appropriate Public Education** (FAPE). Post-secondary institutions are not required to provide FAPE. Rather, they are required to provide appropriate academic adjustments as necessary to ensure they do not discriminate against individuals with disabilities. Here are some other differences between High School and College:

High School

Services are delivered to the student.....
Case manager & parent act as advocates.....
Your time is structured by others.....
Homework may take 1-2 hrs/day.....
Mastery: the ability to reproduce what is taught...

College

Student must seek out services
Student is own advocate
You manage your own time
2 hrs studying per hr of class 3-4 hrs/day
Mastery is often seen as ability to apply what is learned

Also, here are some things every student should know:

The Student's Rights

- To equal access to post-secondary education
- To not be discriminated against
- To participate in/enjoy the benefits of your school
- To an accessible education
- To appropriate accommodation
- To have info about your disability kept private.

The Student's Responsibilities

- **Apply for Admittance** to the college of your choice
- **Notify the Disability Office of Support Services (DOSS)** if you will need any accommodations. (Register with the DOSS)
- **Provide Documentation** of your disability. (from medical records or an IEP)
- **Self Advocate.** Meet instructors/tell them about your need for accommodations provided by DOSS.
- **Meet Academic and Conduct Standards.** You will not receive special treatment and must meet the essential requirements of a class or program. We are here to support you in your independence. If you would like more info regarding post-secondary please call Disabilities Office of Support Services (DOSS) at 651-631-5221.

(adapted from *Independently Speaking*, Metropolitan Center for Independent Living, Spring 2005)