



WHAT'S NEXT: COLLEGE?!

A Guided Exploration of NC Post-Secondary Education Options for Students with Disabilities

Author: Jacklyn Boheler, MS, OTR/L
Project Coordinator of Work Together NC



Work Together NC

Possibility to Opportunity



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



This project was supported, in part by grant number 90DNCE0006 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.

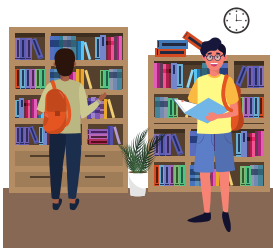


TABLE OF CONTENTS



- 1-3 Is College the Right Fit for Me?
- 4 Student-Directed Exploration Instructions
- 5 University "Tours"
- 6-7 Community College "Tours"
- 8 University versus Community College Programs
- 9-15 Information handouts: learn about college classes, internships, living options, student life, admissions, and paying for college
- 16-17 Student-Directed Exploration Worksheet
- 18-19 My College Vision
- 21-22 Disability Services and Supports
- 23 Accessibility Tool Catalogue
- 24 More resources for parents and students
- 25 More info about Work Together NC

IS COLLEGE THE RIGHT FIT FOR ME?

College could be the next step toward your goals for adult life. It is an exciting opportunity to learn, make friends, and do more on your own. But it's not for everyone, and there are other great options for people who are not interested. You may also decide you are not ready to go right after high school, but maybe later on. Even if it is something you are just thinking about, it always helps to explore your options.

Whatever you decide, just make sure it's truly **your decision**.

COLLEGE INTEREST INVENTORY



Yes

No

Maybe



Do I want to meet new people?

☐
☐
☐


Do I like the idea of more classes and homework after high school?

☐
☐
☐


Do I need more career training or exploration?

☐
☐
☐


Am I ready to take on more responsibility?

☐
☐
☐


Do I like the idea of doing more on my own?

☐
☐
☐


Am I ready to make big decisions about my future?

☐
☐
☐


Do I want to start exploring my college options?

☐
☐
☐

IS COLLEGE THE RIGHT FIT FOR ME?

As you explore college options, you begin to wonder, "What will it be like?" or "How hard will it be?"

Here's what to expect...

HIGH SCHOOL

VS

COLLEGE

Your parents and teachers advocate for you

Classes usually meet in the same building

Attendance is taken

Teachers and parents remind you about homework and assignments

Your time is scheduled by others

Parents can access your educational information

You are automatically enrolled in most classes

Modifications and accommodations are included in your IEP

You receive a free and appropriate education through public schools

You make friends with your classmates

You advocate for yourself

Classes are in different buildings around the campus

Professors do not always take attendance. It's your responsibility to attend class

You are responsible for keeping track of due dates on the syllabus

You manage your own time

You give permission for parents to get information about your services and grades

You register for classes online. There are more choices of classes and instructors.

You request your own supports through Disability Services or a person-centered plan

College students pay tuition and fees

You make friends mostly outside of class

3

IS COLLEGE THE RIGHT FIT FOR ME?



Imagine yourself going to college...



Write or draw your answers:



1 thing I am **worried or unsure** about:

1 thing I **am excited** about:

1 (or more) **strengths** that would help me in college:

1 thing that may be **hard for me** in college:

1 **goal** college would help me achieve:



STUDENT-DIRECTED EXPLORATION INSTRUCTIONS



CHECK OFF STEPS WHEN DONE

☐

Take a virtual tour of University and Community College options in NC (page 5-7)

☐

Read information handouts (page 8-12)

☐

Open and print an NC college comparison chart

—		✓
—	✓	
—		✓
—		✓
—		✓
—	✓	

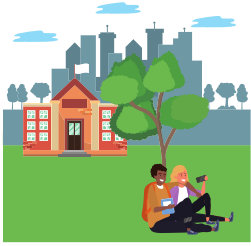
Click [HERE](#)

☐

Fill out the **Student-Directed Exploration Worksheet** (page 13-14) for each program you are interested in.



Use the virtual tours, handouts, and comparison charts to find information



UNIVERSITY TOURS!



CLICK PROGRAM NAME FOR A WEBSITE LINK



CLICK LOGOS FOR VIDEO LINKS

SDAP

App State



Integrative Community
Studies

UNC Greensboro



UP Program

Western Carolina University



HEELS 2 Transition

UNC-Chapel Hill



LEND Leadership Education

UNC-Chapel Hill





COMMUNITY COLLEGE TOURS!



CLICK PROGRAM NAME FOR A WEBSITE LINK



CLICK LOGOS FOR VIDEO LINKS

Power Pathways

Guilford Tech Community
College



Career College

Alamance Community College



Pathfinder Career Exploration
Wake Tech



I-LEAD Program

Central Piedmont
Community College



ABLE Program

Randolph Community College



Explore more options! Find
the full list of inclusive NC
college programs [HERE](#)



COMMUNITY COLLEGE TOURS!



CLICK PROGRAM NAME FOR A WEBSITE LINK



CLICK LOGOS FOR VIDEO LINKS

Compass Education

South Piedmont Community College



SOAR Program

AB Tech



Career Academy

Pitt Community College



Work Skills Academy

Mayland Community College



Career and Life Skills Program

Coastal Community College

COASTAL CAROLINA  COMMUNITY COLLEGE

Explore more options! Find
the full list of inclusive NC
college programs [HERE](#)

8 University Inclusive Post-Secondary Programs



Expensive: student pays regular tuition costs



Focuses more on higher education and life skills



Students live on or off campus



2-4 year programs



More inclusive social and academic opportunities



Guided by an individual plan



Community College Career Programs



Lower cost: student pays community college fees



Focuses more on specific career training



Students live off-campus



1-2 year programs



Classes are not always inclusive (instead, open only to people with disabilities)



Guided by career tracks

What do they have in common?

- Both offer a certificate of completion, not a degree
- Both are a great opportunity to learn and work toward your goals!

In college, there are many different types of classes.



Some are **academic classes**, like the main subjects you studied in high school (ex. math, reading, history, science).



Others are **elective classes**, which are classes you choose based on your interests (ex. art, public speaking, health, theatre arts).



Community colleges typically offer **career training classes**, which means you learn specific skills for your career track (ex. food service, retail, automotive)



Some programs also provide **life skills instruction** so you can learn to do more on your own (ex. laundry, cooking, budgeting, community navigation)



Finally, you may want to consider whether **inclusive classes** are important to you. **Inclusive** means the class is open to people with and without disabilities, since some programs offer classes only for people with disabilities.



Most Universities offer on-campus housing as an option, and all students at Community College live off campus. **On-campus housing** means you would live in a dorm (a shared bedroom) with a roommate, and you share a kitchen, study room, and bathroom with the entire hallway of students. Your classes would be within walking distance. Living on-campus makes it easier to meet new people and get involved in **student life**.



Off-campus housing means you would live at home with your family or in an apartment with roommates. This option typically offers more living space— for example, you share a kitchen with your roommates instead of the entire hallway of students, and you may get your own bedroom. Living off-campus comes with a lot of freedom **and** more responsibility.



Some University and College programs offer internships. An **internship** is a work experience that prepares you to get a job.



Internships are usually for a short amount of time (3 months- 1 year), so you may do more than 1 internship during your college experience.



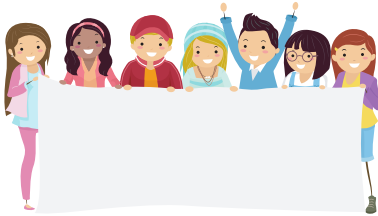
You would report to a **supervisor**, who may give you a list of tasks to do each day at work.



Internships are sometimes unpaid, but a great opportunity to gain new skills, discover your strengths and interests, and explore career options. You can also put an internship on your **resume** or talk about it in a **job interview**.

In college, there are lots of fun ways get involved in **student life**. The college experience is more than just taking classes– it is an opportunity to make friends and participate **on-campus** or in your **community**.

For example, you may want to...



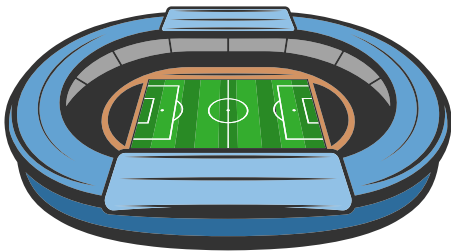
JOIN A STUDENT CLUB



JOIN AN INTRAMURAL SPORTS TEAM



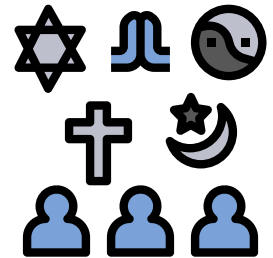
GO OUT WITH FRIENDS



GO TO SPORTS EVENTS



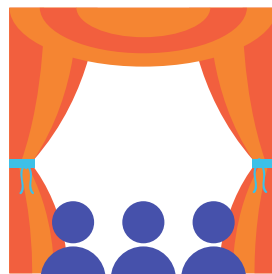
VOLUNTEER



JOIN A RELIGIOUS GROUP



DO A WORKOUT GROUP AT THE CAMPUS GYM



SEE A PLAY



HANG OUT ON CAMPUS

DID YOU KNOW?

Some University programs will pair you with a **peer support**: a college student who can help you meet new people and find fun things to do on campus.



Every College and University has different requirements to get in. Remember, everyone has their own timeline for college- some people apply while they are still in high school, and others wait a few years. The admissions process can be confusing, so it's important to ask for help along the way!



You may get invited to an **Interview**



Wait for your **admissions decision!**



Submit your **application**



Get any required documents ready (ex. reference letters, resume, work samples)



YOU ARE HERE



Explore college options

- Find programs you are interested in
- Research the admissions requirements



Graduate with a high school **diploma** or **certificate**



One of the hardest parts about going to college is figuring out how to pay for it! College is expensive, but if you do your research, you can find resources to help you and your family pay for it.

COLLEGE FUNDING SOURCES

Vocational Rehabilitation

In NC, VR may pay up to 6 credit hours for courses that involve an internship experience

Medicaid

Some programs, like UNCG's Beyond Academics, partner with an approved Medicaid provider. This allows students with the NC Innovations Waiver to use medicaid funds for certain college expenses (but not tuition).

Student Loans

At this time, students with disabilities who are attending non-degree college programs are not eligible for federal student loans. Some families choose to use private loan providers.

ABLE Account

Now that NC has passed ABLE Act legislation, families and students can save for college and other expenses without impacting their benefits.

Federal Financial Aid

Federal financial aid is money awarded based on financial need. Students may be able to qualify for Federal Work Study, the Pell Grant, or Federal Supplemental Education Opportunity Grant.

Scholarships

There are a few scholarships programs specifically for students with disabilities, such as Ruby's Rainbow and the O'Neill Tabani Enrichment fund. Also, seek out scholarships offered through your town or school, such as Rotary Club. Just be sure to read the requirements- some scholarships are only awarded to degree-seeking students.



Feeling overwhelmed? Not sure where to start? Start with the 2 steps below, and see where it takes you. You've got this!

15

1

Fill out the application on **www.fasfa.gov**. This is the first step to get approved for federal financial aid or other sources.

2

Every program has different financial aid options, so a good idea to call or email the programs you are interested in.



What resources do your students use to pay for the program? Are there scholarships or other funding sources? If so, how can I apply?

Most University and Community College certificate programs charge regular tuition and fees. There may also be additional costs for additional support services. In general, University programs are more expensive than community college because you pay to live in a dorm on campus, and there are more student facilities and resources available (ex. dining halls, campus gyms, football stadium).

**DID
YOU
KNOW?**

DO YOUR RESEARCH!



For more detailed information on college financial assistance, check out these resources.



CLICK LOGOS FOR WEBSITE LINKS

think

COLLEGE!

Bankrate



**Accredited
Schools Online**



WHAT'S NEXT: COLLEGE?!



STUDENT-DIRECTED EXPLORATION WORKSHEET

Name of Program: _____

Location (City): _____

Type of Program: ☒

☐ University

☐ Community College

How long is the program? ☒

☐ 1 year

☐ 2 years

☐ 4 years

Could I live on campus? ☒

☐ Yes

☐ No

What could I study? ☒

☐ School subjects
(math, science, reading, art)

☐ Landscaping

☐ Food service

☐ Carpentry

☐ Automotive (working on cars)

☐ Animal Care

☐ Childcare

☐ Life Skills

☐ Hospitality

☐ Other: _____

Does the program offer inclusive classes? ☒

17



☐ Yes

☐ No

Does the program offer internship opportunities?



☐ Yes

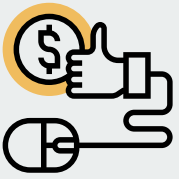
☐ No

What could I do for fun?



Look for the **campus participation** section

What is the cost? _____ per semester



Is financial aid available?



☐ Yes

☐ No

What are the requirements to get in?

Age requirement? _____

Other requirements? _____

1 thing **I like** about the
program:

1 thing I **do not like** about
the program:

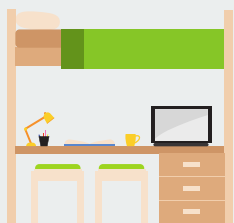
Nice campus? Cool
professors?
Interesting
subjects to study?

Too expensive?
Too far away? Do
they have what
you want to
study?

MY COLLEGE VISION

Circle Your Choice

WHERE TO LIVE?



On campus
(in a dorm)



At home



Apartment

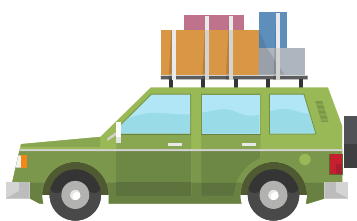


Not sure

HOW FAR AWAY?



Close to home



Far away



Not sure

WHAT TYPE OF CAMPUS?



Big Campus



Small Campus



Not sure

WHAT TRANSPORTATION DO I PREFER?



Personal Car



Bus



Pick-up service



Not sure

MY COLLEGE VISION

Circle Your Choice

HOW MANY YEARS DO I WANT TO BE IN COLLEGE?



1 year



2 years



4 years



Not sure

WHAT CLASSES AM I INTERESTED IN? *Circle one or more*



Career skills
training



Academic
subjects



Electives



Life skills

DO I WANT AN INTERNSHIP?



No, just classes



Yes



Not sure

DO I WANT TO PARTICIPATE IN STUDENT CLUBS AND ORGANIZATIONS?



Yes



No



Not sure

MY COLLEGE VISION

Circle Your Choice

WHAT DO I HOPE TO GAIN?

(Circle 1 or more)



Career Training



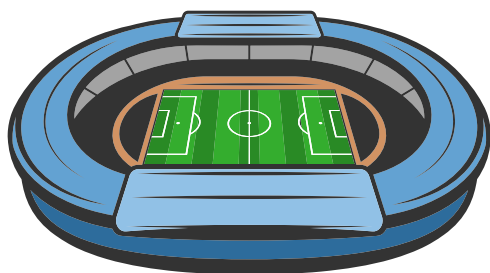
Life Skills



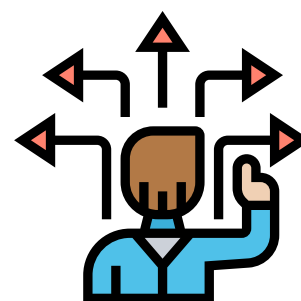
Higher education



Make Friends



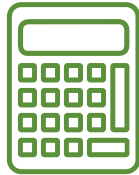
Have fun times



Make more of my
own decisions

DISABILITY SERVICES AND SUPPORTS

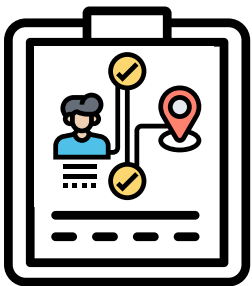
In high school, you may have received supports and services to help you succeed through an Individualized Education Program (IEP). There is no IEP in college, but you will have access to **accommodations**. Some programs also allow **modifications**.



An **accommodation** is a change to **how** you are learning. Many college students with disabilities use accommodations such as:

- Extra time on tests
- Copies of notes from a classmate
- Assistive technology (ex. text-to-speech, spelling software)
- Permission to make audio recordings of classes
- Access to audiobooks
- Use of calculators on tests
- Seating at front of class to limit distractions

HOW TO GET ACCOMMODATIONS



Some programs provide accommodations through a person-centered plan. You may be expected to write an email to your professors to let them know what accommodations you will need.



You can also request accommodations through your on-campus **Disability Services office**. This is an opportunity to identify your own support needs and practice **self-advocacy**.

A **modification** is a change to **what** you learning. If you are **auditing** a course (not for credit toward a diploma), you may be able to receive modifications such as:



- Simplified assignments
- Changes in scoring rubrics or grading scale
- Reduced length of assignments
- Materials provided at student's reading level
- Access to help or tutoring to complete assignments
- Picture or written cues

DID YOU KNOW?

Unlike high school, your teacher (or professor) is not expected to modify your work. If modifications are allowed, it will be the responsibility of your program's staff or peer mentor.

SO, WHAT CAN I DO NOW?



Do I think I am going to need accommodations?

☐

Yes

☐

No

☐

Maybe

Do I think I am going to need modifications?

☐

Yes

☐

No

☐

Maybe

If you answered **yes** or **maybe**, call or email the programs you are interested in to ask about disability services. For example...

- What types of **accommodations** are available for students? How do students request **accommodations**?
- Does this program allow **modifications**? What types of modifications are available?



ACCESSIBILITY TOOL CATALOGUE



The Livescribe smartpen captures everything that you write and records everything that is spoken.



Noise-reducing headphones can support your ability to focus while studying or in-class by limiting sound distractions



Google Read&Write is an accessibility toolbar that includes a screen reader voice-to-text, and word prediction. Other similar tools include Snap&Read or the Chromebook accessibility extension



Fidgets can support your ability to focus by providing sensory input. Fidgets can also be a calming tool for managing stress.



Phone apps can be a great resource for everything from medication management to daily reminders to community navigation. Check out this inventory of apps!



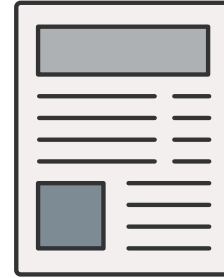
If you have trouble staying seated in class, a weighted lap pad is a sensory tool that can help give you a sense of security.



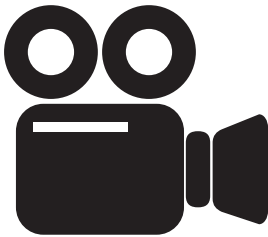
Click images for resource links



Think College is a national organization dedicated to developing and improving inclusive higher education options for people with intellectual disabilities.



What's the point? A reflection on the purpose and outcomes of college for students with intellectual disabilities



This 25 minute film illustrates how colleges and universities can provide a setting for all students to grow, learn, and build toward better futures.



This 8 minute video offers a student perspective on pursuing higher education



Check out the North Carolina Virtual Inclusive College Fair. This Youtube playlist is great starting point for exploring college options.



A hub of resources including financial planning materials, post-secondary education search tools, and college preparation tips



Work Together NC

Possibility to Opportunity

A Community Collaboration focused on the transition to adulthood for people with intellectual and developmental disabilities.



[http://](http://worktogethernc.com)



Visit worktogethernc.com

Your one-stop resource hub for navigating the transition to adulthood.

Find opportunities for employment, postsecondary education, recreation, and more.



THE UNIVERSITY
of NORTH CAROLINA
at CHAPEL HILL



Administration for Community Living