

## Tips for transitioning to College or University for students with ADHD or Learning Disabilities...



1. Students are encouraged to **register with accessibility/disability services** at their college or university. The purpose of accessibility services is to facilitate the inclusion of students with disabilities into university/college life, with a focus on building self-advocacy and academic skills. In particular, many students find the academic demands during their first year of post-secondary education to be more challenging than high school. Students registered with accessibility services may receive academic supports such as alternate test-taking/examination services, note-taking assistance, access to adaptive equipment/assistive technology devices, workshops on learning strategies, support from student mentors, etc. Students should register with accessibility services as soon as they are accepted into the college or university, so that they can receive services without delay (proof of disability is required for registration).
2. Students should also **develop and maintain contact with school personnel** such as an accessibility services counselor, to discuss school difficulties, availability of supports, and to help students stay “on top” of their coursework and classes. Also, many post-secondary settings offer **time management and study skill courses**.
3. As well, most colleges and universities offer **transition programs** to give students with ADHD, learning disabilities (LD) and other disabilities a “head start” when moving from high school to post-secondary programs. These programs help incoming students develop skills in areas like note-taking, time management and organization, assistive technology and how to access supports. It’s also a great way to get oriented to your new campus before school begins. Students are strongly encouraged to enroll in these programs to help ease the transition from high school.
4. Students with ADHD and/or LD and documented financial need may qualify for special bursaries. Students may wish to **apply for OSAP disability, government-supported funding** (e.g. Bursary for Students with Disabilities) which helps post-secondary students with disabilities pay for education-related goods and services they may require. For example, some students may require an updated psychoeducational assessment. Other students could benefit from using a laptop computer and assistive technology in their post-secondary setting (e.g. note-taking or test-taking purposes).