

Transitioning to College

10 tips that will help ADHD and LD students navigate the college system

Congratulations! You're on your own. The good news is that you don't have parents and teachers telling you what to do. You are free to do your own thing. The bad news is that you must count on yourself to make it at college. You do have the innate intelligence and natural ability to make it, or you wouldn't be here. With support and the right information you will succeed in life.

- **BE ASSERTIVE:** You are the customer at your university. Don't be afraid to ask your professors and other college personnel to clarify procedures for you.
- **COMMUNICATE EFFECTIVELY:** Express yourself to professors, bosses and roommates.
- **UNDERSTAND YOUR DISABILITY:** Make sure documentation for specific accommodations is current. Remember what worked for you in high school, and develop the skills and knowledge to advocate for those accommodations. Check with your disabilities office early in the semester for information on self advocacy.
- **GO TO CLASS AND BE ON TIME:** This takes some planning. Get everything you need ready the night before and place it right in front of the door. Ask your roommate to nag you about this. (Schedule classes that meet later if at all possible.)
- **USE YOUR DAYTIMER OR PDA:** There are too many dates and assignments to commit to memory. Write it down and relieve the stress of missed deadlines (check it often to stay on track with long term projects).
- **READ YOUR ASSIGNMENTS AND YOUR EMAIL:** Use highlighters to focus on the most important information.
- **STAY HEALTHY:** Protein, hydration, exercise, and enough sleep are the ingredients that keep your brain running at maximized efficiency.
- **USE ALL AVAILABLE RESOURCES:** Support is available for all students through the Writing Center, Counseling Center, Health Services, Career Center, Financial Aide Center (and, of course, the Disabilities Resource Center).
- **COLLEGE IS NOT A CONTEST:** Focus on learning information and skills that you will use throughout your life. You don't need to compete with classmates.
- **SOCIALIZATION IS IMPORTANT:** Take time to make new friends, join clubs and activities. Relax and reduce the stress by having FUN!

Kay Axtell and Dana Arell are Life Coaches who specialize in time management and organizational strategies for college students. For a free phone consultation contact Kay or Dana before September 30, 2006.

kayaxtell@msn.com

dana@coacharell.com or www.coacharell.com