

## COLLEGE PREPARATION SKILLS FOR STUDENTS WITH INTELLECTUAL DISABILITY

IN!'s mission is to create inclusive college opportunities in Colorado for students with intellectual disability (ID) to foster academic growth, social development, and career advancement.

As a non-profit organization, IN! works to raise awareness of the inclusive college options available in our state via webinars, informational sessions, mentorship opportunities, college prep resources, and more.

**Colorado has six inclusive higher education (IHE) programs** where individuals with ID are fully included members of the student body. Students earn a Comprehensive Higher Education Certificate in their area of study and are graduating with more meaningful jobs, greater independence, increased community involvement, and holistic growth.

**Here are some tips on how to prepare your student for these programs:**

### Early Childhood

- Set high expectations
- Share local and national college options with families
- Share success stories of students with similar challenges
- Encourage families to begin saving for college
- Emphasize age-appropriate academic skills
- Empower self-awareness
- Create an environment of choice
- Prompt student decision making
- Acknowledge student failure as opportunity to learn

### Elementary School

- Include students with disabilities in general education settings
- Foster healthy social-emotional communication
- Include all students in conversations about college
- Support healthy habits
- Foster academic skills and use of assistive technology
- Explore academic interests and strengths
- Build self-determination, self-advocacy, personal agency skills
- Frequent goal setting
- Provide opportunities for choices
- Help students talk about disability characteristics & needs

### Middle School

- Maintain academic rigor for students with disabilities
- Discuss students' interests and goals
- Empower your student participation in extracurriculars
- Build comfortability with e-communication, tech use
- Encourage punctuality & time management
- Support student volunteer efforts
- Include students in opportunities for academic advocacy
- Help students become comfortable with down-time
- Explore different ways to manage personal information
- Academic Skills:
  - Use planner to track assignments, important dates
  - Follow a checklist to prepare for classes
  - Use strategies to identify core information in texts
  - Explore different ways to support note taking
  - Practice sustainable study habits
  - Ensure review time to assess quality of work
- Social Emotional Skills:
  - Use constructive criticism to improve work habits
  - Listen to and evaluate peer feedback
  - Actively participate in group projects and activities
  - Seek out tutoring, coaching, student counseling, etc.
  - Practice communication and behavioral impulse control

### High School

- Students discuss the supports they need to reach their goals
- Families contact colleges to take campus tours and learn more
- Connect with DVR, CCBs, other important agencies/organizations
- Help students budget money
- Encourage students to call and make appointments
- Help students learn to use ADA friendly public transportation
- Include goals related to college preparation in IEP
- Independently maintain a schedule
- Academic Skills:
  - Awareness and appropriate use of resources at school
  - Curiosity, desire to learn more
  - Complete familiar tasks without assistance
  - Self-advocate: Ask questions, attend teacher office hours
  - Participate in class discussions and activities
  - Maintain persistence when frustrated by academic tasks
- Social Emotional Skills:
  - Demonstrate respect of people and property
  - Appropriately manage conflict, frustration, disappointment
  - Flexible attitude
  - Own responsibility over school work, social relationships, self-advocacy, decision making, risk-taking
  - Welcome challenges by embracing growth mindset