



# PREPARING FOR COLLEGE



for students with intellectual and developmental disabilities and their families

## THINK EARLY

At age 14 or earlier start thinking about your interests, passions and future goals



Then ask yourself: **can college help me get there?**

## KNOW YOUR OPTIONS

**UCCS** University of Colorado Colorado Springs



research information and videos online



## To find out more...

call program staff to ask questions



visit programs and meet current students



3 colleges in Colorado offer inclusive higher education programs

## IS COLLEGE WORTH IT?

With college, people with IDD are **3x more likely to be employed**



## AND COLLEGE OFFERS...

lifelong learning

community engagement

a fulfilling future

## GET PREPARED



in **school**

- ✓ take leadership in planning and participating in IEP meetings
- ✓ set IEP goals to prepare for college academics and social life
- ✓ know your rights to higher education under ADA



as a **self-advocate**

- ✓ work on making choices independently and speaking up about what you want
- ✓ practice talking about your disability and the supports you need
- ✓ come up with strategies for keeping a schedule, managing medications, and other independent living skills



in the **community**

- ✓ get involved in extracurricular and volunteer opportunities
- ✓ develop your awareness of safe versus unsafe situations
- ✓ use good decision making with new people, friends, and romantic partners



as a **family**

- ✓ explore financial aid resources and make a plan for paying for college
- ✓ discuss how parent and student roles will change in college
- ✓ ensure disability documentation is up-to-date

