

Spring 2024 Webinar Series

IN! 101 + Summer Preparation Strategies



PATHWAYS TO INCLUSIVE
HIGHER EDUCATION

Welcome!

- Final spring webinar of the series
- Q&A time allotted throughout
- Brief feedback survey directly following
- Video recording & resources will be available



Who We Are

IN! exists to create **inclusive** college opportunities in Colorado for students with intellectual disability (ID) to foster **academic growth, social development, career advancement, & independence.**

What We Do:

EDUCATION

OUTREACH

EXPANSION

OUTCOMES

*IN! does not provide direct services on campus

Meet Our Staff

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Agenda

1

**Understanding
Inclusive
College
Programs in
Colorado**

2

**College
Readiness
Skills**

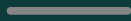
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**Summer Skill
Development
Ideas**

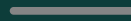
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Resources

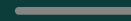
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History of Disability Services

1973



Section 504 of the Rehabilitation Act

Required for all institutions of higher ed

Non-discrimination for students that meet entry criteria

1990



Section II of Americans w/ Disabilities Act (ADA)

Required for all institutions of higher ed

Appropriate accommodations and equal access for admitted students

2008



Federal Reauthorization of Higher Education Opportunity Act

Select institutions

Think College established

Inclusive services for students with ID or that don't traditionally meet entry criteria

2016



Colorado Senate Bill 196: Inclusive Higher Education Act

CO to join the inclusive higher education movement

3 pilot schools established

2022



Colorado House Bill 22-1107: Inclusive Higher Education Opportunities

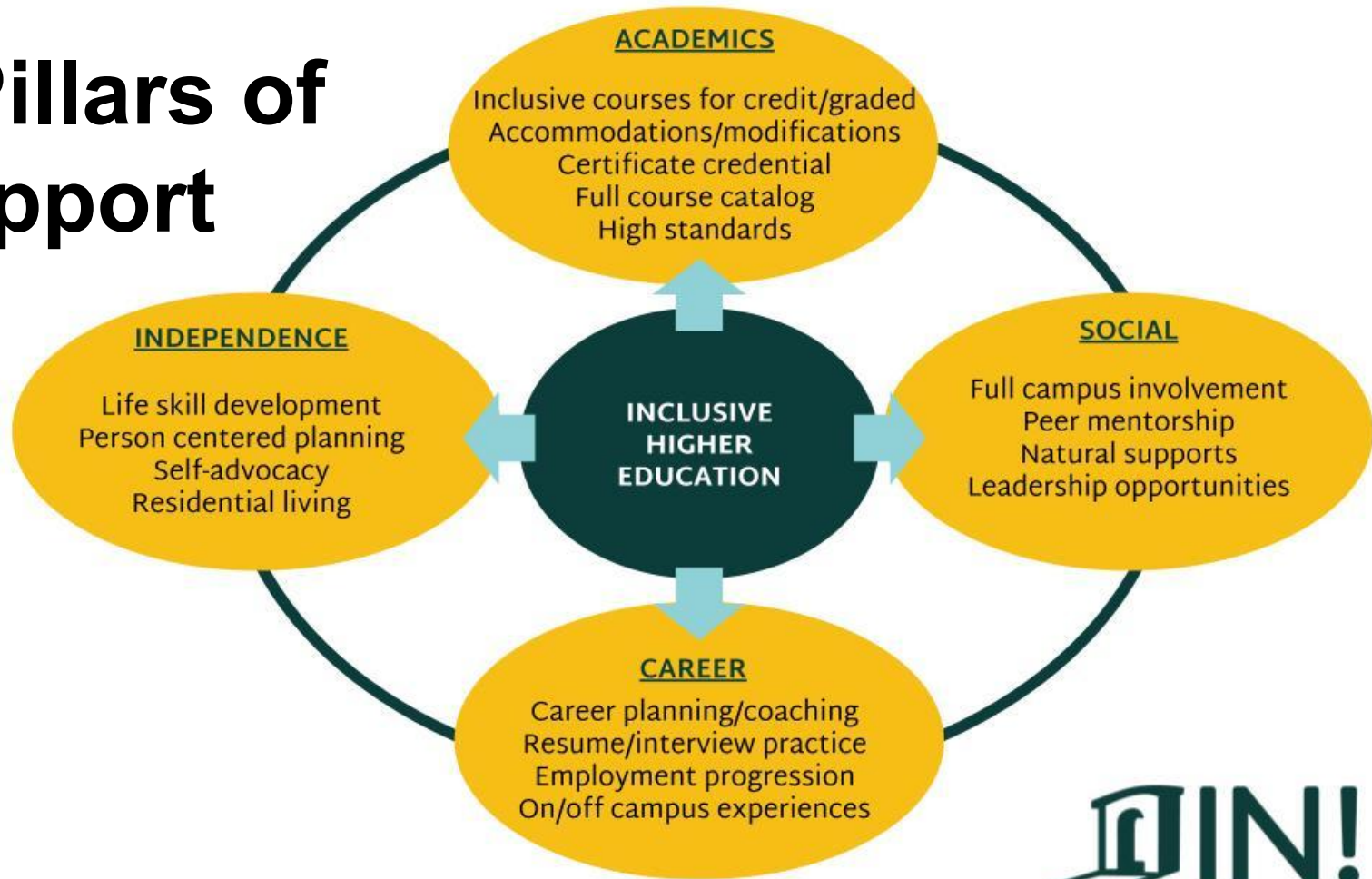
Expanding pathways and equitable access to inclusive higher education in CO

2-4 more programs launch in 2024

What is Inclusive Higher Education?

- Alternative admission pathway for students with intellectual disability*
- Inclusive & normative
- Students take courses that align with career goal
- Access accommodations & modifications
- Earn certificate credential
- Participate in career readiness and independent living
- Staff and peer mentor support in 4 domains:

4 Pillars of Support





- Elevate
- Arapahoe Community College
- Littleton, Colorado & Castle Rock, CO
- **Commuter Campus**
- 3 year program
- arapahoe.edu/elevate-acc



- Office of Inclusive Services (OIS)
- University of Colorado
- Colorado Springs, Colorado
- **On campus living**
- 4 year program
- inclusiveservices.uccs.edu



- GOAL – Go On And Learn
- University of Northern Colorado
- Greeley, Colorado
- **On campus living**
- 4 year program
- unco.edu/unc-goal



- GLOBAL Inclusive Program
- Regis University
- Denver, Colorado
- **On campus living**
- 1-3 year program
- regis.edu/global

→ Comprehensive Transition & Postsecondary Program (CTP) = Financial Aid
→ Statewide Comprehensive Higher Education Certificate = Meaningful Outcome





- CSU RAM Scholars
- Colorado State University
- Fort Collins, Colorado
- Experiential learning and agriculture focus
- <https://www.chhs.colostate.edu/ramsolars/>



- Inclusive Higher Education Solutions
- Metropolitan State University of Denver
- Denver, CO
- msudenver.edu/IHES



- Rural Institution



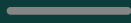
- Community College

Coming Fall 2024

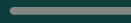
Coming Fall 2025

Questions?

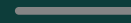
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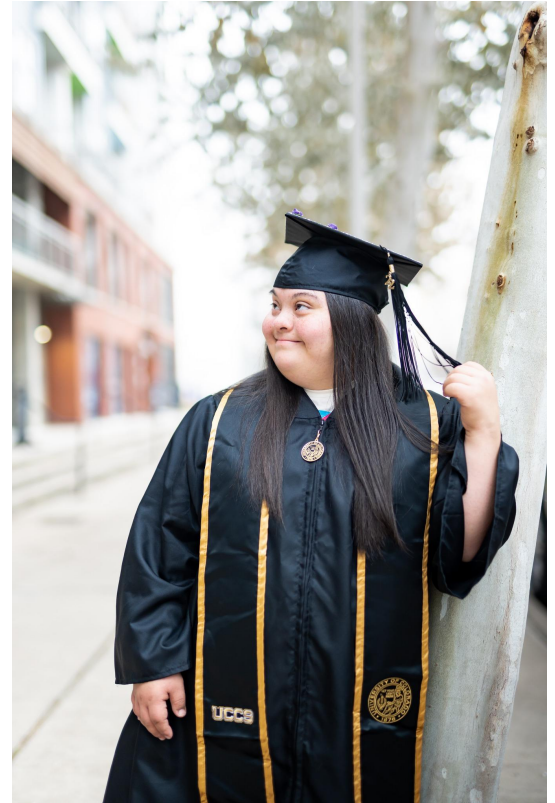
Resources

Preparing for College


- Presumed Competence
- Normative pathways
- Informed choice
- Transferable Skills
- High expectations lead to positive transition outcomes

"The bar has been set high, and the students have risen and reached it! They have been presumed competent and their lives changed."

- IPSE Graduate Parent



College Readiness Skills: Academics

	Attendance and punctuality		Quality of work
	Use of resources		Acceptance of direction and constructive criticism
	Communication		Technological know-how

- Basic writing
 - Sentence/paragraph structure
 - Note taking
 - Email etiquette
- Basic reading comprehension
 - Audio books
 - Annotation
- Knowledge of learning style
 - Preferences
 - Strengths & weaknesses
- Persistence
- Responsibility

College Readiness Skills: Social

- Self-awareness & regulation
- Schedule management
- Professional relationship awareness
- Communicates needs
- Conflict management
- Collaboration
- Adaptability
- Responsible risk taking
- Appropriate use of social media



College Readiness Skills: Career



- Career awareness
- Self awareness
- Time management
- Communication
- Problem solving
- Motivation
- Initiative
- Self-advocacy
- Social/Emotional Understanding
- Coping Techniques

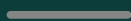
College Readiness Skills: Interdependence

- Navigating campus
- Personal & campus safety
- Community access / travel
- Use of down time
- Use of available resources
- Medication Management
- Self-care / cleanliness
- Self-determination
- Growth mindset

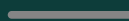


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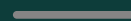
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Academics / Learning

Spark interests & practice executive functioning skills:

- Identify calendar tracking app & prompt students to record appointments, time with friends, alarms, etc.
- Attend local classes and extracurricular activities of interest (rec centers, art centers, museums, etc.)
- Schedule weekly time for personal organization and maintenance (email check, planner, etc.)
- Listen to audiobooks
- [Explore assistive technology applications](#)

Social

Expand inclusive experiences & use natural supports:

- Help students search for, identify, and register for events/activities of interest to them in the community
- Connect to your local [Community Centered Board \(CCB\)/ Case Management Agency \(CMA\)](#)
- Guide students to plan their own outing with friends (consider communication, finances, transportation)
- Attend a social event with non-parental support
- Offer choice!

Career

Gather information & explore preferences:

- [Begin DVR connection process](#)
- Utilize family network to coordinate [job shadow](#) experiences and/or informational interviews
- Volunteer in the community
- Research career interests:
 - <https://www.mynextmove.org/>
 - <https://www.indigopathway.com/>
- Create a LinkedIn profile as easy resume practice

Interdependence

Experience trial, error, & learning:

- Schedule an overnight/sleep-away experience (camp, neighbor, family, etc.)
- Develop vitamin taking routine as medication management practice
- Learn to make a few staple meals
- Determine chores to help with around the house
- Access [travel training](#) opportunities
- Establish a menu of tasks for meaningful downtime

Across All Domains

- Instill growth mindset (language matters)
- Focus on skill progression not perfection
- Choose one skill in each domain to focus on first
- Fade supports over time
- Allow for dignity of risk and learning through natural consequences
- Collaborate with community agencies
- Intentional conversations

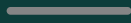
Campus Tours In Summer

- Scheduled through admissions office (normative)
 - [ACC](#)
 - [UNC](#)
 - [UCCS](#)
 - [Regis](#)
 - [MSU](#)
 - [CSU](#)
- Calmer campus environment
- Smaller tour groups

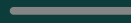


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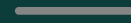
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Downloads

The ACL's guide to

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

UCES University of Colorado Colorado Springs



3 colleges in Colorado offer inclusive higher education programs

research information and videos online



To find out more...

call program staff to ask questions



visit programs and meet current students



IS COLLEGE WORTH IT?

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



vs



AND COLLEGE OFFERS...

lifelong learning

community engagement

a fulfilling future

College Preparation Checklist for Students with ID Pursuing Inclusive Higher Education

Inclusive higher education programs provide alternate enrollment pathways to college for students with intellectual disability. By providing robust support to students in four domains (academics, social, career, and interdependence), participants are able to pursue their goals and be fully included members of the student body.

Below is a checklist of skills to begin developing in each domain in order to best prepare students for inclusive college participation.



ACADEMICS:

- Student led IEP
- Participate in inclusive settings
- Exploration of academic interests
- Use of assistive technology for basic reading and writing support
- Knowledge of learning style

CAREER:

- Career exploration and curiosity
- Time management
- Communication with supervisors
- Problem solving
- Motivation & commitment
- Initiative

GET PREPARED

Downloads



Inclusive Services

UNIVERSITY OF COLORADO
COLORADO SPRINGS

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
- Talk to all students 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 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
- Strategize systems for management of personal info
- Academic Skills:
 - Use planner to track assignments, important dates
 - Follow a checklist to prepare for classes
 - Use strategies to identify core information in texts
 - Supported note taking
 - Practice sustainable study habits
 - Ensure review time to assess quality of work

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:


Getting Ready for College: Top 10 Actions to Take While in High School

1. **Work on Independence:** Independence is going to look different for every student, but all students should take steps towards directing their life, making choices, and do things without direct adult support. Some examples include:
 - a. Find classes
 - b. Gather supplies
 - c. Use a locker
 - d. Get lunch and snacks
 - e. Follow a schedule
 - f. Read and respond to emails
 - g. Text

Learn More & Get Involved

IN! works to raise awareness of the inclusive college options available throughout Colorado via webinars, informational sessions, mentorship opportunities, college prep resources, and more.

Helpful Links

- [Monthly Newsletter](#) 
- [IN! website](#)
- [IN! College Mentorship Program](#)
- [Self-Paced Modules: A deep dive into inclusive higher ed](#)
- [Join our BOD!](#)

National Resources

- [Going to College Preparation Page](#)
- [ThinkCollege Program Search Page](#)
- [ThinkCollege Family Resources](#)



THANK YOU

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Please click Continue to participate in a short survey.**

you will be leaving zoom.us to access the external URL below

[https:// forms.gle/EhAhhR5gWrEpyRzp9](https://forms.gle/EhAhhR5gWrEpyRzp9)

Are you sure you want to continue?

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