

Parent to Parent

What Every Parent Needs to Know to
Support Your Student's Academic
Success

Today's Agenda

- Transitions Before, During and After High School and College/Vocational School
- Questions to ask Yourself and Student
 - “need to know information”
- Finding the Right Fit for Your Student
- Importance of Self Advocacy
- How to ask and receive support on Campus

Our Story



Get Involved, Stay Involved, Be Involved

- Create the Mindset
 - Positive Thinking/Positive Thoughts
 - If you think you can... you will
 - Failure is Success Still Being Developed
 - Provide the Tools and Resources to Make that Happen
- Everyone is Good at Something
 - Focus on Strengths
 - Support the Weaknesses
- Safety Nets versus Velcro Parenting

Student's Life Style

- Acts of Engagement
 - Student
 - Parent
 - Community/School
- Balance
 - Education
 - Social

High School



Transition Process-High School

- Student Becomes Part of the Process
- Empowerment of Choices
- Set Realistic Goals
- Self Thinker
- Organizational Skills
- Time Management
- Building Tools
 - Self Esteem
 - Self Worth
 - Self Confidence

Plan and Prepare Freshman Checklist

- Understand/Accept IEP
- Participate in a Career Assessment
- Utilize Academic Support
- Develop, Learn, Execute on Strategies for Success
- Have Discussions about the Student's Future
- Get Involved with Extracurricular Activities and Community
- Create a Resume or Spreadsheet to Track Accomplishments

Plan and Prepare

Sophomore Checklist

- Embrace IEP and Support Services Needed
- Learn How to Articulate Disability Challenge to Others
- Continue Developing Strategies that Work Best to Support Disability
- Review and Evaluate Studies to Support College Major
- Explore Career Options
- Meet with Guidance Counselors and Explore College/ Vocational School Options
- Get Involved with Extracurricular Activities and Community
- Create a Resume or Spreadsheet to Track Accomplishments

Plan and Prepare Junior Checklist

- Know the Specific Nature of Your Disability
- Continue Learning How to Explain it to Others
- Anticipate what Resources will be needed while attending College/
Vocational School
- Evaluate High School Courses of Study and Explore Strengths and Weaknesses
- Consider Job Shadowing or Part time work in the area of academic interest.
- ACT
- Attend College/Vocational School Fairs
- Get involved with extracurricular activities or employment
- Create a Resume or Spreadsheet to Track Accomplishments
- Gather Letters of Recommendations

Plan and Prepare Senior Checklist

- Realistic Assessment to Mirror Academic Strengths and Studies during College Application Process
- Self Advocate IEP and Disability with Confidence and in Confidence
- Continue to evaluate and discuss if Transition plan meets the need of student
- Course work and Course hours should mirror same as a 2-4 year college/vocational school
- Independently use all support, resources and accommodations under current IEP.
- Retake ACT if needed
- Write Personal Statement
- Create a Resume or Spreadsheet to track accomplishments
- Apply to as many Colleges/Vocational Schools within your budget
- Finalize accommodations and other support for College

High School Life Skill Basics 101

- Medical Management
 - Insurance Card
 - Health Center
 - OTC Medication
 - Prescription Medication
- Personal Care
 - Laundry
 - Hygiene
 - Nutrition
 - Rest
 - Alcohol, Drug, Bullying, Abuse Class
- Employment
 - Volunteer
 - Part/Full Time
 - Internship
- Organization
 - Notebooks, Scheduler, Clocks
 - Routine
 - Consistency
- Time Management
 - Academic versus Recreation
 - Morning, Noon or Evening Classes
 - Goals
- Money Management
 - Bank Accounts
 - ATM
 - Debit, Credit, Check Writing
 - Financial Literacy Class
 - Paying Bills

College/Vocational School



Transition Process- College or Vocational School

- 18 Years Old...Now What?
 - FERPA
- Advocate for Self
 - Never too Late to Learn
- Be Visible
 - Out of Sight is Out of Mind
- Create a Roadmap
 - 4 Year Plan
 - 5 Year Plan
 - 6 Year Plan

College...Finding the Right Match

Equal in Importance Besides the GPA/ACT

- General Interests vs. Course of Study
- Personal Statement
- Application Process
- Letters of Recommendation
- Colleges to Consider
 - Size DOES Matter
 - Demographics Matter

Considerations Prior to Freshman Year on Campus

- Summer Interning or Job Shadowing
- Part Time Work
 - Volunteer or Paid
- Community College
- College Sight Visits

College Campus Questions to Ask Yourself

- How Engaged are the Student Body and Faculty?
- What does their Student Services (for disability) Center look like?
- How Accessible are Student Advisors, Academic Advisors and Tutoring Assistants?
 - Campus Layout
- Does the College have Resources to Support Current and Future IEP?
 - Needs change
- Most Importantly:
 - Observe Your Students Body Language, Tone of Voice
 - Their Feedback is Invaluable...Regardless of Your Own Personal Opinions
 - Remember...It's All About the Student!

College Campus...

Residence and Interests

- Have Student Create Top 5 List
 - Residence Halls
 - Food
 - Roommate Selection
 - Campus Surroundings
- Campus Site Visits
 - When to Visit
 - How Often to Visit
 - Unannounced Visit
- Focus of Study
 - Major/Minor Changes
- Extracurricular Activities
- On/Off Campus Transportation
 - Accessibility
- Safety

Checklist of Topics

Discussions with Student

- Lead Question to Begin Discussion
 - Can you picture yourself living here for the next 4, 5,6 years?
- Level of Comfort
 - Campus
 - Advisors
 - Counselors
 - Class Size
 - Location
 - Food
- Level of Security
 - Overwhelming
 - Anxiousness
 - Confident
- Communication Agreement
 - Cut the Cord-Don't Sever it
 - How Often?
 - Cell, Email, Snail Mail or Skype

College Life Skill Basics 101

- Medical Management
 - Insurance Card
 - Health Center
 - OTC Medication
 - Prescription Medication
- Personal Care
 - Laundry
 - Hygiene
 - Nutrition
 - Rest
 - Alcohol, Drug, Bullying, Abuse Class
- Employment
 - Volunteer
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 - Debit, Credit, Check Writing
 - Financial Literacy Class
 - Paying Bills

Remember....

As Parents We Gave our Children Life...Now It's
Our Student's Life to Live...

Let Them Create their Own Life Story...While
Embracing Their Academic Years...

Thank You!

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