



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

