



About Your Future Alma Mater

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It is hard to believe that the new school year is already in full swing. For many juniors in high school, it is time to start thinking about the next step: university—and all the related questions. In seniors in high school have thought about these questions and are beginning the application process—filling out forms, writing personal statements, and gathering letters of recommendation. It is of particular importance for students with learning, attentional, and/or emotional differences to explore disability resource centers when it comes time to researching and choosing a college or university.



Students with Individualized Education Plans, Section 504 Plans, or those only now being diagnosed can often get support in the form of accommodations at the college or university level. Accommodations can vary, from extended time on tests and copies of lecture notes to priority

registration and access to text-to-speech software. Disability resource centers are where students go to seek out such accommodations, and often, additional supports such as study skills workshops or writing tutoring.

The National Center for Education Statistics reported that in 2007 to 2008 and 2011 to 2012 eleven percent of undergraduate students reported having a disability.

Disability resource centers go by several names. At Stanford, the disability resource center is known as the Office of Accessible Education, and at University of Puget Sound it is Student

Accessibility and Accommodation. Whatever the name, these centers can be hubs for students with learning differences, places where counselors understand their talents and needs, and can speak to navigating the university.

We recommend that our clients with learning and attentional differences put visiting the disability resource center at a university toward the top of their visit to-do list. Take a tour and sit down with a counselor. What is the feel of the center? Are they welcoming, supportive, and knowledgeable? Do they know which professors and programs are good matches for varying student needs? What are common accommodations afforded to their students? Answers to these and other questions can provide valuable insight regarding school fit.

Many of our clients are now juniors or seniors in high school. We wish them luck as they begin their searches and send off applications!