



Inclusive Services

UNIVERSITY OF COLORADO
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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

2. **Develop Academic Interests:** College requires accessing books and thinking about different content areas. Students should develop multiple areas of interest and the ability to communicate key ideas.
 - a. Take academic classes and focus on Big Ideas in the class
 - b. Listen to audiobooks
 - c. Watch documentaries
 - d. Talk about what you are learning

3. **Use Assistive Technology:** Students use digital books and writing tools to help with school work, it is very important to be familiar with using these tools
 - a. Practice listening to digital books that highlight the words and read them out loud.
 - b. Use tools such as Read/Write to use speech to text and text to speech. Learn to use word prediction and vocabulary tools.
 - c. Learn to use the accessible features on a smartphone
 - d. Use an electronic calendar

4. **Be Included:** Have special education services delivered in the general education classroom.
 - a. Take content area courses
 - b. Explore electives
 - c. Join a club, sport, or extracurricular activity

5. **Write a College Bound IEP:** Focusing IEP goals on the skills necessary for college will help you get off to a great start. Write goals related to:
 - a. Building literacy skills



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- b. Problem solving
 - c. Using technology
 - d. Using a schedule
 - e. Being independent
6. **Volunteer in your Community:** Figuring out what you would like to do for a career is challenging, spending some time volunteering in community organizations and/or businesses can help you discover what you would like to do.
7. **Take on Responsibilities at Home:** When you arrive at college you will have a lot to learn, starting to practice some skills at home can make the transition easier. Start by working on:
- a. Using an alarm to get up
 - b. Being on time (set reminders in your phone to help)
 - c. Cooking food for yourself
 - d. Doing your laundry
 - e. Packing your backpack and lunch for the day
 - f. Making to do lists
8. **Continue to Develop Self Advocacy Skills:**
- a. Help develop and direct your IEP meetings
 - b. Participate in decisions making
 - c. Ask peers for help when needed and offer peers support
 - d. Take on a leadership role at school or in your community
9. **Connect with Adult Service Agencies**
- a. Learn about DVR and the services they provide that might be useful while in college
 - b. Find out about what agencies support independent living and how they might help while in college
 - c. Research scholarships and apply
10. **Learn to Manage your own Money**
- a. Develop a budget
 - b. Use a bank card
 - c. Use an online banking app or website
 - d. Pay for things on your own
 - e. Learn what to do if you lose your bank card