

# Student Tips for Transition to Post Secondary Education

*Note: This article is also available in French and the link is at the end of the article.*

Colleges and universities expect students to be independent adults and to:

- Make course selections
- Attend courses
- Meet deadlines to complete assignments and tests

In addition, college and university students may be:

- Living away from home in a new city or community
- Sharing a room or apartment
- Paying bills and signing leases or utility contracts
- Organizing meals, laundry and cleaning

Students with a disability have additional challenges as they may need to:

- Arrange for disability supports or accommodations
- Arrange specialized transportation
- Direct personal care workers
- Be responsible for their health care and medications

The following tips will help students to prepare for transition to college or university:

## **Tip 1 – Know Yourself:**

- Identify your dreams for the future
- Know your strengths and needs, including those related to your disability
- Understand what supports and equipment you need to be successful

- Understand your diagnosis and what it means
- Make sure reports and assessments are up to date
- Find out how to get new assessments if necessary

## **Tip 2 – Find Out About the Post Secondary System:**

- Find out how to apply for post secondary school, college or university from the Guidance Department
- Find out about the high school courses and marks you need to get into the college or university course
- Visit the Colleges and Universities that interest you
- Learn about disability services available at each College or University
- Make a list of questions to ask when you visit a post secondary school

## **Tip 3 – Research Financial Assistance:**

- Find out about student grants and loans
- Find out about scholarships and eligibility criteria, including those for individuals with disabilities, including:
  - [Easter Seals Ontario](#)
    - [Scholarships for Students with Disabilities](#) webpage
  - [Student awards](#) website
  - [Scholarships Canada](#) website

## **Tip 4 – Use the Individual Education Plan (IEP) for Transition Planning:**

For students with an Individual Education Plan (IEP) transition planning is included as part of each IEP review.

- Talk about your plans for post secondary school at each IEP review
- Include research on college or university programs and disability services
- Seek opportunities to experience various careers that

interest you through co-op or volunteering

- Identify steps that need to be taken by you and others for the transition to college or university
- Include visits to prospective colleges and universities

#### **Tip 5- Follow-up on Phone Calls and Meetings:**

- Make notes of key discussion from phone calls and meetings
- Record the names and positions of people involved
- Ask for copies of meeting minutes and other documents
- Before the end of the call or meeting reconfirm the next steps, actions and future meetings
- Complete all the tasks that were identified for your action (make appointments, provide information, etc.)

#### **Tip 6 – Find Help in the Community:**

- Seek out information about support for people with disabilities and your rights
- Attend career fairs, workshops or meetings that will provide information or support
- Contact community agencies, student groups and organizations that provide support to students
- Connect with other students who are attending college or university or who have graduated

#### **Helpful Websites:**

- [Easter Seals Kids at School](#) :
  - Supporting Success/ Supporting Student Transitions
  - Leaving School
- [Easter Seals Ontario](#):
  - Services/Scholarships
- [Holland Bloorview Rehabilitation Hospital for Kids](#)
- [National Educational Association of Disabled Students \(NEADS\)](#)
- [Ontario Ministry of Education](#):
  - Transition Planning: A Resource Guide (2005)

- [Ontario Ministry of Training, Colleges and Universities:](#)
  - Students with Disabilities

French translation:

[French – Student Tips for Transitions to Post Secondary Education\\_rev\\_2016](#)