

# NAVIGATING THROUGH LIFE: ATTENDING COLLEGE OR TECHNICAL SCHOOLS



## TYPE OF SCHOOLS

College is a smaller educational institution that offers Associates or Bachelor degrees. University is a larger educational institution that offers Bachelor's and Master's degrees. Technical school is where you would learn about a skill like welding, electrician, or another trade.



## THE RIGHT FIT

- ✓ When thinking about post-high school, it's important to find the right college for you, whether it is a technical school, a community college, or a 4-year university.
- ✓ When making these decisions you may talk to your parents, a guidance counselor, a friend, or someone else about going to college or technical school.
- ✓ Determine if you have the right kind of diploma and credits from high school to attend a technical school, community college, or university that you are interested in.
- ✓ When selecting a college, think about what your interests are and try to find a school that has a program that matches your interests.
- ✓ Make sure you check out all of your options before you decide what path to take.
- ✓ Just because the school offers some things you may need, that does not mean it is the right school for you.
- ✓ Do not do what everyone else is doing, do what is right for you.
- ✓ Ultimately, you need to make the final decision because you are the one going to school.
- ✓ Do not be afraid to make mistakes, and do not be afraid of what people think of you. You will learn from all experiences.
- ✓ If you don't go to college, that is ok, you need to trust your gut and do what you want to do and not what you have been told to do.



## ACCESSIBILITY AND ACCOMMODATIONS

- ✓ If possible, visit the school before you apply or commit to attending. Make sure it is accessible for you. Some accommodations are braille, ramps, elevators, wheelchair access, or academic support.
- ✓ Know how your disability affects you and what accommodations you need in order to be successful.
- ✓ You should contact the Disability Support Office to find out what documentation you need to register BEFORE school starts. The sooner you can start this process the better!
- ✓ Do not be afraid to fight for the accommodations you need to be successful.
- ✓ Sometimes you are going to have to fight for things that you need. You really should not have to fight for these things - like equal access and opportunities. It is worth the fight. It will pave the way for so many others behind you.
- ✓ It is important to know if you need assistance with schoolwork or personal care. You should ask for assistance before you find yourself in a situation where you need help. Do not wait until the last minute to get your schoolwork done, learn to manage your time.



## LIVING ON CAMPUS

- ✓ Know your limitations and understand where you would be more comfortable living, on or off-campus.
- ✓ When living with someone, it is harder to live with strangers. You might try to find someone you know and live with them.
- ✓ When you are living off-campus, you should think about transportation and how you will get to class.
- ✓ Make sure you take the time to look at all of your options at your school. Use the available resources they have in order to live more independently.



## RESOURCES

Department of Aging and Rehabilitation Services:  
<https://www.vadars.org/office.html#gsc.tab=0>

Job Accommodation Network:  
<https://askjan.org/>

Virginia Employment Commissions local offices:  
<https://www.vec.virginia.gov/find-a-job/vec-local-offices>

Community College Workforce Alliance:  
<http://ccwatraining.org/>

Info Sheets were developed through interviews with young people with disabilities as part of the Inclusion Project

