

-- From High School to College as a Student with a Disability --

Biggest, most important, incredibly crucial difference:

*** STUDENT RESPONSIBILITY ***



Students are in charge of their own learning and are very independent in a college setting. There are many resources available, but students must go out and get them. Our goal is to teach students where to find help.

Students are responsible for...

- **Finding the office for students with disabilities on their respective college campuses.**
 - At Las Positas, this is called DSPS. It stands for Disabled Student Programs and Services, and can also be found on our website as the Disability Resource Center.
 - Almost every college campus students choose to attend will have this kind of office.
 - We encourage students to make our office their home base for any questions. From here, they can always be referred to exactly the office they need, and they won't become overwhelmed by services offered (or by trying to determine what each specific office actually does).

- **Disclosing their disability and providing documentation of it.**
 - At Las Positas, an IEP will suffice. Other schools are more stringent around documentation and may ask for updated testing or a letter from an appropriate professional.
 - **Students may bring parents to their intake meetings, but disability offices may not speak to parents without written consent from students. Offices usually prefer the student to be the main point of contact.**

- **Utilizing accommodations**

- Colleges do not keep tabs on when students have exams, and they do not remind students to order their audio books or bring their audio recorders to class. If students are entitled to certain services, they must make them happen. For example, scheduling a test in our center as soon as they find out it's being given.
- We also encourage creativity with accommodations (if a student thinks something might work, let's try it!), and services are never set in stone. Things can be added or removed as needed.
- *There are no modified assignments or exams at the college level!*
- **Asking for help**
 - A disability office can't know that students are having a tough time unless the students actively tell them. Disability offices do not generally monitor student progress or grades.
 - Coming in to see a counselor as soon as students feel something might be going poorly (a class, managing time, trouble with an instructor, etc.) is highly encouraged so that we can help identify the core issue and assist students with options.
 - Options may be tutoring, withdrawing from a class, assistance with registration, planning and advising, and coaching in time management and study habits.
 - Our office is here to support students and help them be successful. We strive to be a friendly, warm environment where students can come to get answers, receive assistance, or talk to someone about whatever might be on their minds.

For more information, please contact the Disability Resource Center at Las Positas College and ask to speak to a counselor.

<http://www.laspositascollege.edu/DSPS/index.php>

Front Desk: (925) 424-1510