

# IS COLLEGE FOR YOU? SETTING GOALS AND TAKING ACTION

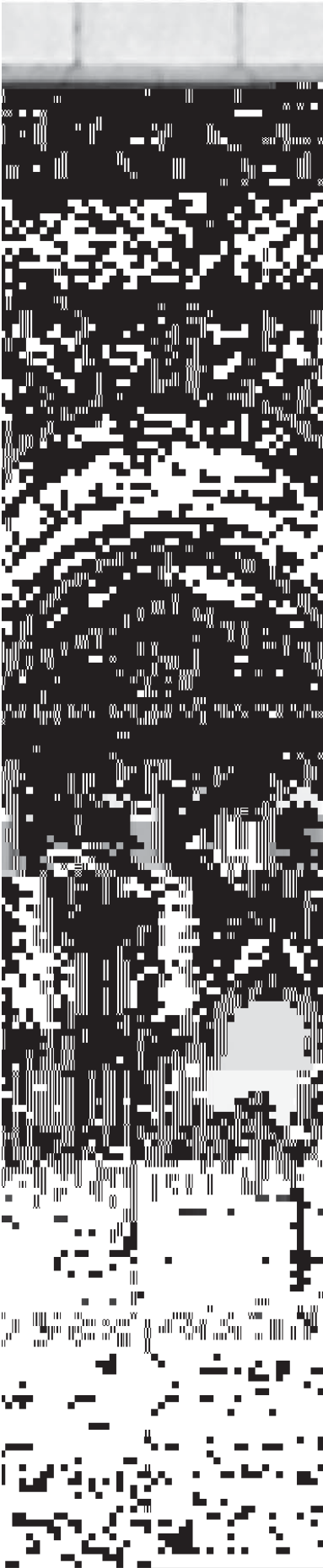
Center on Community Living and Careers  
Indiana Institute on Disability and Community  
Indiana University  
Bloomington, IN



**IS COLLEGE FOR YOU?  
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## Differences between high school classes and college classes

High School	College
Parent advocates for you.	You need to advocate for yourself.
Parent has access to grades and records.	You must give written consent for your parent to have access to grades and records.
Classes usually meet in the same building.	Classes are in different buildings around the campus.
Daily access to teachers.	Classes may meet less frequently and it is up to student to schedule extra time with instructor.
Main office is center of activity for building.	You are responsible for knowing where to go to get information and assistance.
Smaller classes of about 20-30 students.	A class may have as many as 100-300 students if it is a large campus.
Same class schedule and amount of time in classes every day.	Varied class schedule (classes may meet 2 or 3 times a week). A class may meet for only 8 weeks.
Teachers and parents remind you of assignments and homework.	Your instructors expect you to know and be responsible for when assignments are due.
Students average 2-5 hours per week of homework.	Students usually study 2-3 hours per class period.
Teachers cover less material and assignments are more frequent.	Instructors may lecture and cover larger amounts of material during a class period.
When group assignments are required, the students are readily available and the assignments are usually done in class.	When group projects are required, students have to schedule time to work together based on each student's availability.
Exams are usually more frequent and cover less material.	Exams and assignments may be more cumulative and cover more material.
When grading, the instructor considers improvement and effort.	Grades are based on quality and how well you express your understanding of the content.
Attendance is taken.	Instructors do not always take attendance. It is your responsibility to attend class.


Use the chart below as a worksheet. Ask yourself similar questions about the items listed in the left column of the chart. By doing this, you are learning to identify some of your interests. Next, look at your interests and explore careers that are related to your interests.

Think about			
Indoor Hobbies			
Outdoor Hobbies			
Books			
Movies			
Classes			
Jobs or Chores			
Volunteer Experiences			







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“Learning style:  
The way a  
person takes in,  
understands,  
expresses and  
remembers  
information; the  
way a person  
learns best.”

(<http://www.netnet.org/students/student%20glossary.htm#L>, December 20, 2007)

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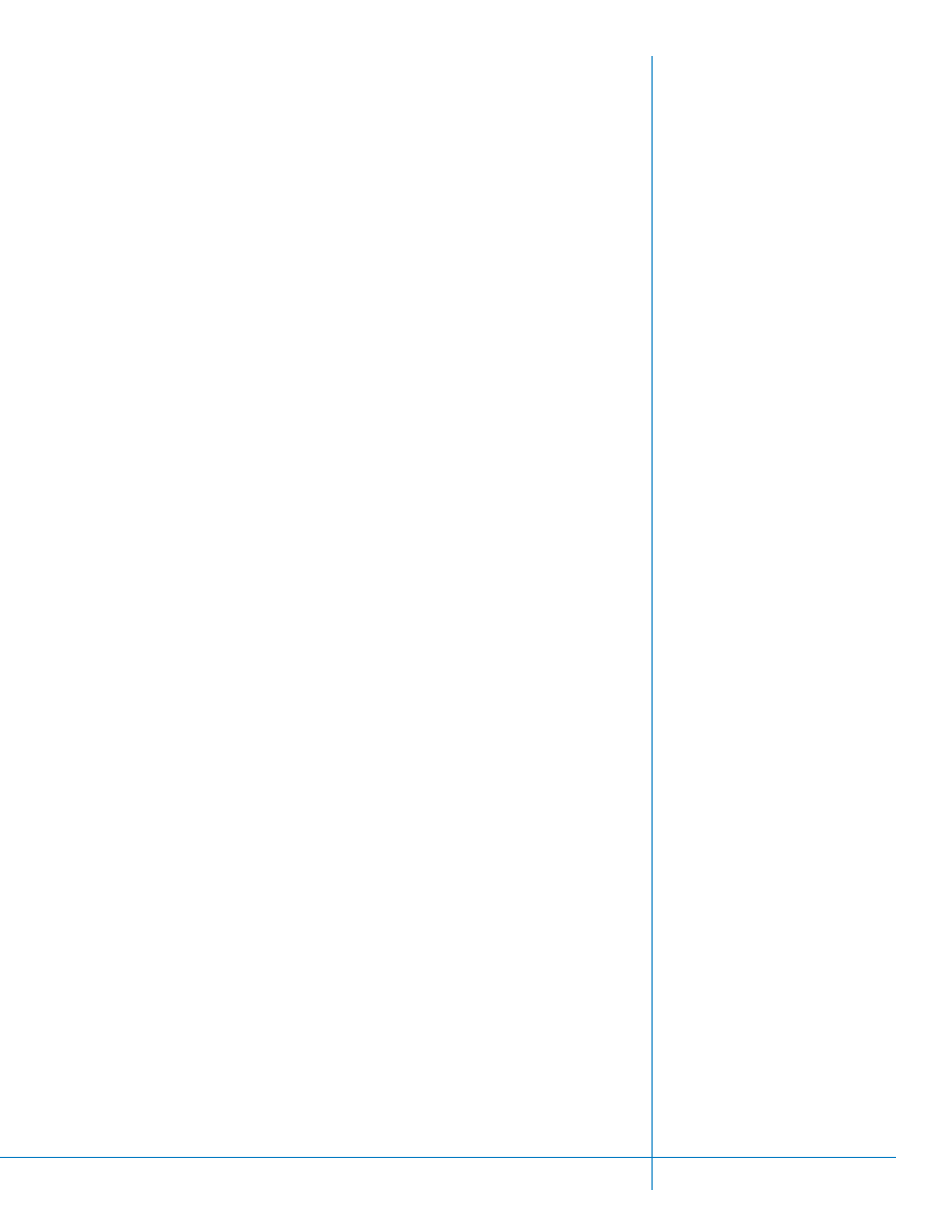
## Learning Styles

### How Do You Know What Your Learning Style Is?

We each have a preferred learning style. You may be a visual, auditory, or kinesthetic learner. Knowing your learning style can help you choose a career goal and can also help you decide on an appropriate college program. Look at the characteristics of the different learning styles listed below and identify your learning style. Some classes and programs provide more opportunities for certain types of learners. Knowing your learning style can help you succeed in high school and college.

### Which Characteristics Do You Think You Have?

- Visual – Do you think it is easier to learn new things by seeing them or observing a task you are trying to learn?
- Auditory – Do you like someone to verbally tell you how to do something when you are learning a new job?
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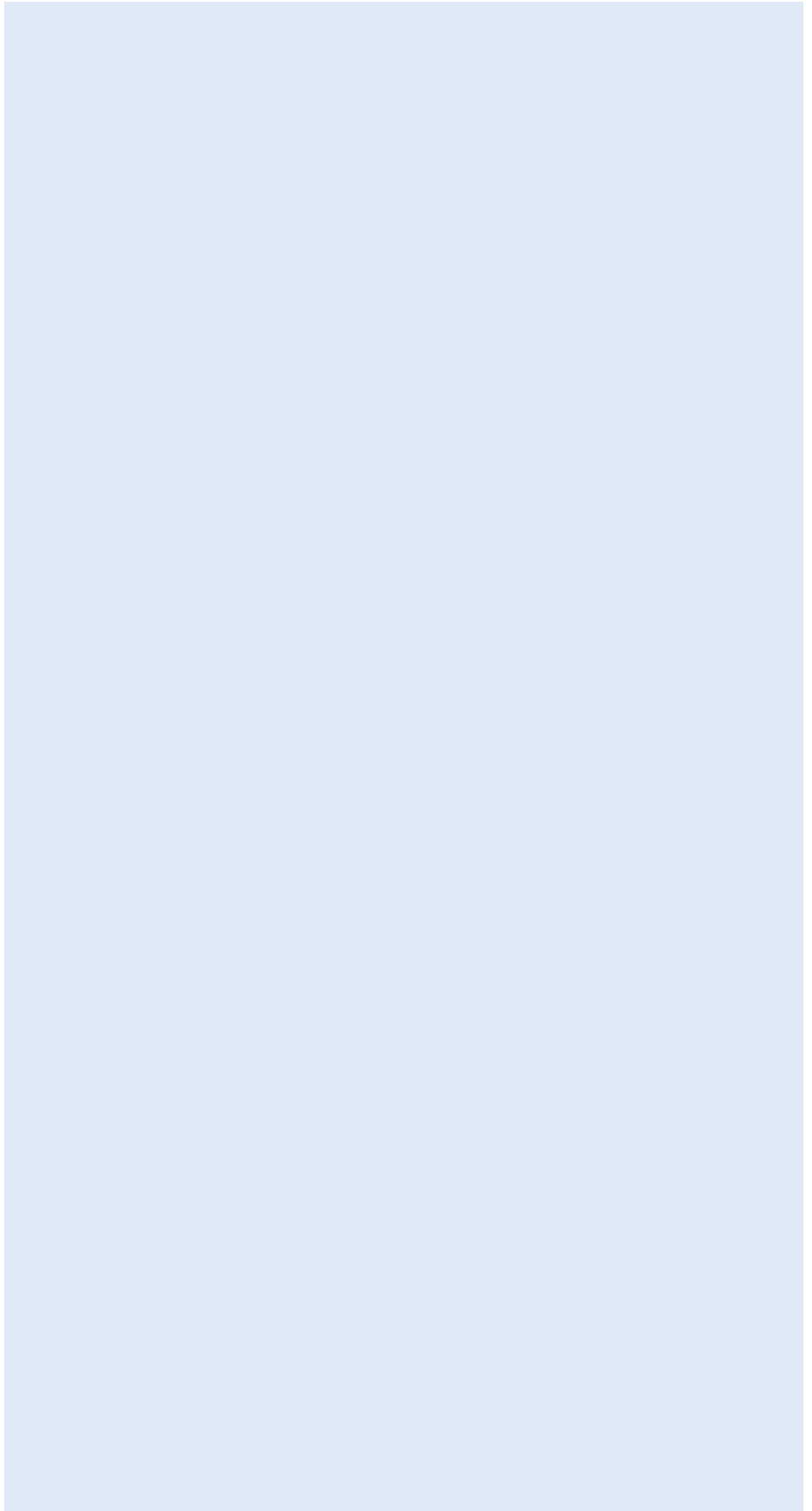



RESOURCES

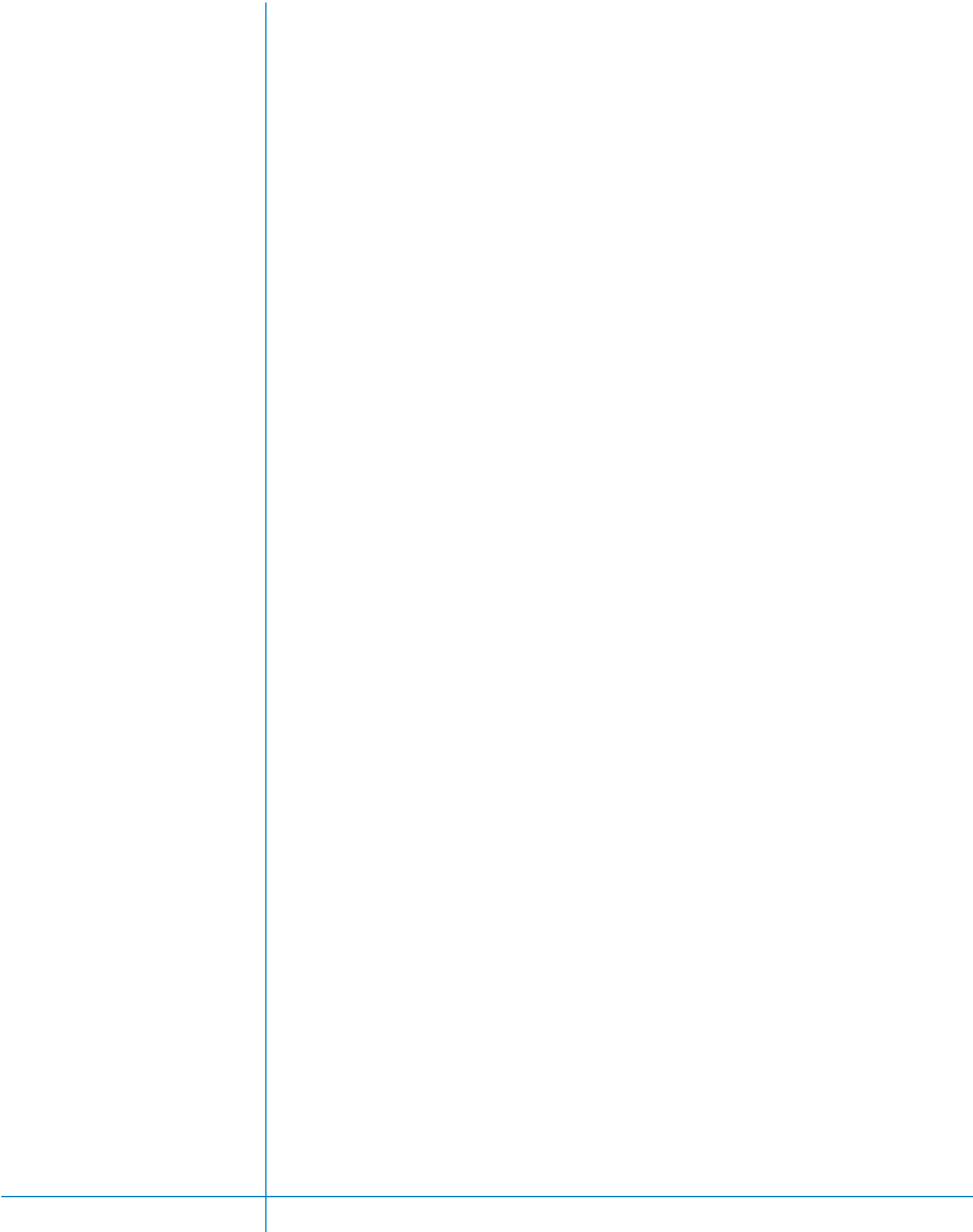
NATIONAL WEBSITE:

College Search













[Redacted]

[Redacted]

[Redacted]

The ACT provides guidelines for students about extended time and special testing requirements. For more information on ACT testing accommodations, go to [www.actstudent.org/regist/disab/](http://www.actstudent.org/regist/disab/)

## Junior Year, Spring Semester

- Register and prepare for the SAT or ACT. (See “Test Accommodations for Students with Disabilities,” above, if you need accommodations.)
- Choose which colleges should receive your SAT or ACT scores.
- Review your scores when you receive them and if you are not satisfied, retake the test.
- Search for college scholarships.
- Begin to check on financial aid.
- Visit colleges you are considering.
  - Make a folder for each college to organize the information.
  - Make a checklist of the admissions requirements for each college.
- Check into summer pre-college programs.

## RESOURCES

NATIONAL WEBSITES:

College Board SAT Preparation





- \* Think of as many other questions as you can. Write all of these questions down. Work on this list for a while and then review it a few days later. You may think of more questions as you progress through the steps in preparing for college.



## What Questions Should You Ask Yourself?

Answering the following questions should enable you to decide on the most appropriate type of college for your individual lifestyle and goals. Some recommended questions are:

- What type of college education do you wish to pursue?
- Do you feel you can meet the requirements of the college program you want to enter?
- Do you want to live at home and commute or live on campus?
- If you want to live on a campus, how far from your local community and your family do you want to live?
- Do you want to attend a small community college, a technical

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### Caution:

When you look at the FAFSA application, it may seem overwhelming to you. Do not let this discourage you! Have your parents or your school counselor walk you through the process.

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## Where can you get a FAFSA application?

- Your guidance counselor
- FAFSA website: [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- Financial offices at colleges
- Local public libraries
- Call 1-800-4-FED-AID (1-800-433-3243) or 1-319-337-5665. If you have a hearing impairment, please contact the TTY line at 1-800-730-8913.

There are many useful links on the FAFSA Website ([www.fafsa.ed.gov](http://www.fafsa.ed.gov)) to assist you. For instance, you can print a pre-application worksheet to help you know what information you need to gather before you submit the FAFSA application.

## What do you need to do first?

- If you fill out a FAFSA on the web, you must first create an Federal Student Aid (FSA) ID (new in 2015).
- If you are a financially dependent student, your parents should also create an FSA ID.

To create an ID, go to <https://fsaid.ed.gov/npas/index.htm>.

## Why do you need an FSA ID?

The ID:

- Serves as an electronic signature on your application,
- Gives you access to the FAFSA forms,
- Allows you to make changes, and
- Permits you to track the process of your application.

## When do you apply?

This depends on the financial aid deadline for the colleges to which you have applied. If you are applying to a college in Indiana, FAFSA applications have to be received (not just postmarked) by the U. S. Department of Education no later than March 10. You can send your FAFSA application in any time after January 1st. While, the FAFSA application asks you to provide a copy of your and/or your family's tax form(s) from the previous year, you are also allowed to estimate tax figures and go back and make corrections once you complete your tax forms. Or, if you prefer, you can wait until you have filed taxes and then you will not need to make any corrections. Look for your school's deadline and be early in order to receive the best financial package! If you have applied to more than one college, be sure you list all of them on your FAFSA application.

## What will happen next?

After you have completed the FAFSA, the results will be sent to the



- \* It may take a little while to get a PIN—so allow plenty of time to meet the financial aid deadline for the college you plan to attend.



- \* For local grant awards, check with your guidance counselor for filing deadlines.

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### IMPORTANT TO KNOW!

There are many free resources that assist in locating scholarships—be watchful for any organizations that charge a fee for this service. Do not pay anyone to search for or find scholarships.

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colleges listed on your application. You will receive a Student Aid Report acknowledging that your application has been processed.

The college you are going to attend may request certain documents or tax forms to verify your FAFSA information. These should be sent immediately to the school's financial aid office.

You should receive a financial aid award letter from the college with specific details of what type and how much assistance they are offering. You will be required to sign and return the award letter by a certain deadline. Pay close attention to meeting these deadlines.

If you have applied to more than one college, compare what awards each college is offering. There may be some advantages of one over another!

## Loans

While there are many sources for loans, you should first check to see if you qualify for a loan from the federal or state government. Again, the first step in applying for a federal or state government loan is to fill out a Free Application for Federal Student Aid (FAFSA).

### When do you have to repay a FAFSA loan?

Just like any other loan, you must repay an educational loan. However, you can usually wait until you finish college to repay federal and state financial aid and often these loans have a lower interest rate than loans from banks or savings and loan institutions. Also, certain career choices may offer loan deferment (a temporary postponement of loan payments). For example, some states offer teachers a loan deferment if the graduate teaches in an at-risk school.

## Scholarships and Grants

### How do you qualify for a scholarship?

Scholarships are awarded based on:

- Academic achievement,
- Outstanding extra-curricular performance, and/or
- Ability (i.e., music or sports or leadership scholarships).

Scholarship funding sources are:

- Community, state, and private colleges
- Private foundations
- Corporations
- Religious groups
- Local service clubs, e.g. Rotary, Lions, Kiwanis Clubs
- Community foundations

## Where do you apply?

- Check with your high school guidance counselor.
- Ask the college that you are considering.
- Check information in reference books at your local library.
- Search the Internet.

## When do you apply for a scholarship?

Check with your high school guidance counselor about due dates for local community scholarships. You can also apply for a scholarship by filling out the FAFSA, which is due between January 1 and March 10. This should be done during your senior year in high school.

## What do scholarships cover?

Scholarships range from small amounts of a few hundred dollars to scholarships that cover all of your college expenses.

## How do you qualify for a grant?

Grants are awarded based on financial need and are funded through federal and state funds or may come from a college.

## Where do you apply for a grant?

You may apply for a grant by filling out the Free Application for Federal Student Aid (FAFSA).

By applying for federal student aid, you may qualify for a grant or work-study program or a federal financial loan. You will find more information about each of these below.

## Do you have to repay grants or scholarships?

You do not have to repay grants or scholarships, unless you violate the stipulations required to receive the scholarship or grant. You are usually required to maintain a minimum grade point average, be a full-time student, and comply with other stipulations required by the funder. If you do not fulfill these requirements, you may have to repay the amount of money you received.

## RESOURCES

### NATIONAL WEBSITES:

FastWeb

[www.fastweb.com](http://www.fastweb.com)

The FastWeb website allows a free search for scholarships.

SallieMae College Answer: The Planning for College Destination

<https://www.salliemae.com/plan-for-college>

Check out the SallieMae College Answer website "Financing Your Education" section.



- \* Research estimated college expenses.
- \* Prepare a budget based on your anticipated expenses.
- \* Decide if you need to apply for financial aid (Indiana's deadline for applying for financial aid is March 10).
- \* Chh estimated





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“Financial aid will not cover disability-related expenses already covered by assisting agencies.”

(Information for Students with Disabilities,

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Federal Student Aid, US Department of Education:

<http://studentaid.ed.gov/resources>

The Federal Student Aid, U.S. Department of Education, website offers worksheets to help determine the cost to attend college and several other planning tools to help you prepare for educational opportunities after high school.

FinAid, The SmartStudent™ Guide to Financial Aid

<http://www.finaid.org/>

## RESOURCES

NATIONAL WEBSITE:

Military-based Financial Aid

<http://www.finaid.org/military/>

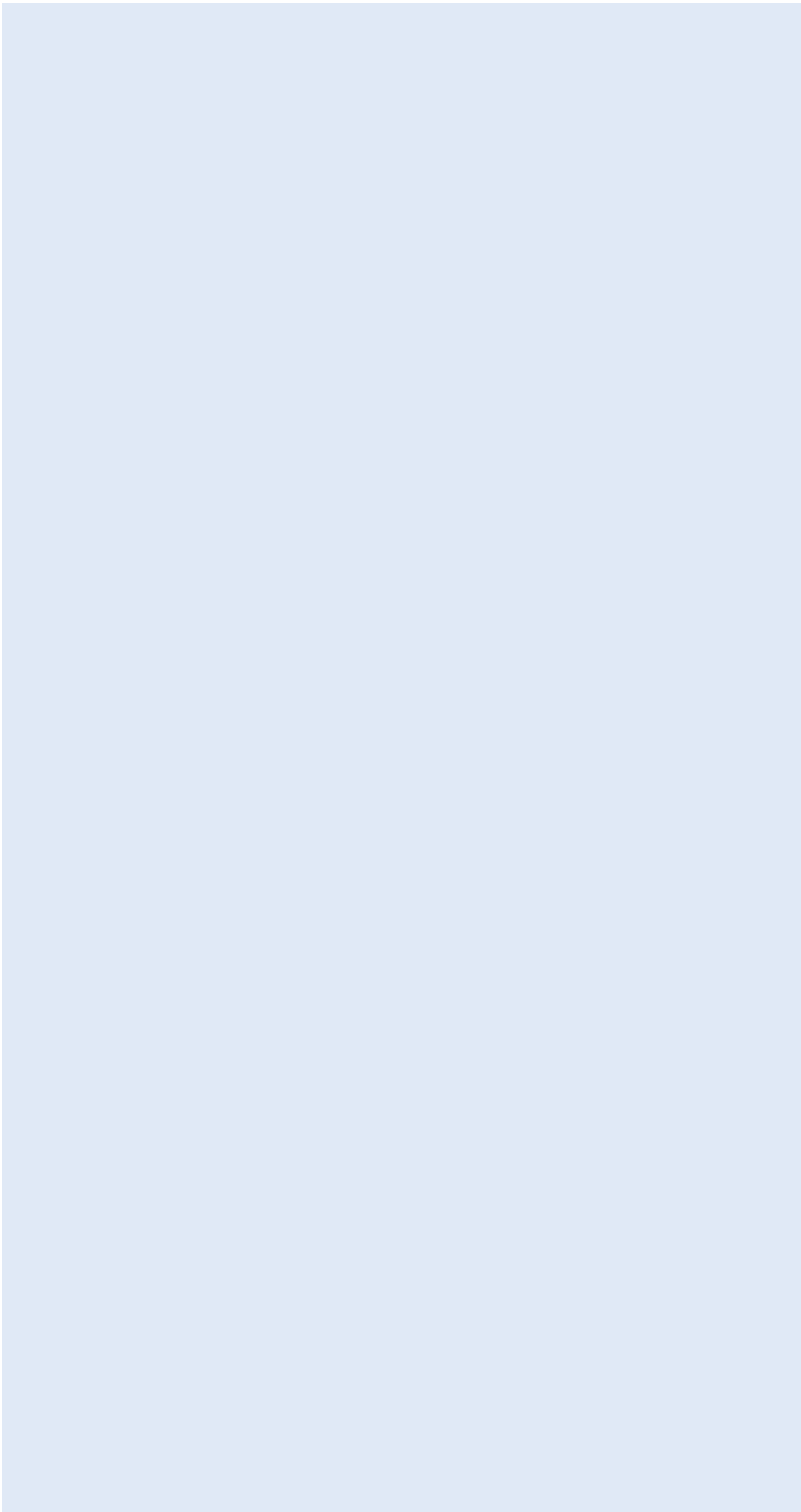
U.S. Department of Education Free Application for Federal Student Aid

<http://www.fafsa.ed.gov/>

<http://www.studentaid.ed.gov/>



## Information That May Assist You in Financing



## RESOURCES



INDIANA WEBSITE:

Vocational Rehabilitation Services (Indiana)

<http://www.state.in.us/fssa/ddrs/2636.htm>

### Social Security Income Work Incentive Programs

If you receive Social Security Disability Insurance (SSDI) or



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### Just a word of caution!

If you are receiving Indiana Medicaid assistance and are developing a PASS, please check with the Division of Family Resources to see if the income or resources set aside in a Social Security approved PASS plan will affect your Medicaid eligibility.

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Some examples of IRWE might be:

- Supported employment services
- Attendant care
- Transportation expenses
- Medical devices
- A prosthesis
- Work-related equipment and assistants
- Medical Body examples.

- Work-related equipment and assistants
- Medications
- Therapies

## How to Get Help Understanding Your Individual Work Incentives:

There are specially trained benefits counselors funded through Social Security's Work Incentives Planning and Assistance Projects. They can help you understand and use work incentives that apply to you. To find out who can help you in your area, call Social Security at 1-800-772-1213.

There are a variety of resources listed below that you can use to explore the work incentives listed as well as some other work incentives.

## RESOURCES

### NATIONAL WEBSITES:

Social Security Administration worksite:

<http://www.socialsecurity.gov/work/>



## Requesting Information from a College

Colleges vary in the programs offered and services and supports available. The type of college best for you depends on your individual interest, abilities and needs. Gathering information about each school is a critical step in choosing an appropriate college and campus environment.

There are several ways to request information from a college. You can:

- Search the website,
- Obtain a college catalogue,
- Call the admissions office directly,
- Call the main number for the campus and ask for the admissions office.

Step 1: When you request information, state your name and your current year of high school (junior, senior)

Step 2: Think about what information you need to make a decision.

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Most colleges have  
online applications  
or a website with  
information about the  
application process.

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- \* Organize all of the information you collect.

## And If You Have a Disability

Schedule a visit with the Disability Services Coordinator at each campus.

Typically, each institution has a staff person assigned as a Disability Services Coordinator. This person can provide information about available services and supports and is responsible for assisting students in securing appropriate accommodations.

- Refer to the Recommended Questions You Should Ask the Disability Services Coordinator on page 36.
- Refer to What Questions Might a Disability Service Coordinator Ask You on pages 36-37.

## Critical Questions

What are the best ways to fi

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You should not hesitate to ask for an appointment to answer questions or discuss more thoroughly any questions or concerns you have about attending college. However, taking the initiative to find answers to your questions using resources available to all students shows that you know how to research and problem-solve, which are important college skills.

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### Specific Questions:

- What types of programs are available in your field of interest?
- What high school courses should you take to prepare for this program?
- Do you need to take any entrance exams? If so, which ones, when do you need to take them, and where do you go to take them?

### Financial

- What is the cost of tuition for a year (including room and meals)?
- What is the cost per credit hour (if you are interested in taking just a couple of classes)?
- What types of financial aid are available?
- What kinds of scholarship opportunities are available?
- What are the deadlines for submitting financial aid forms?
- How many students receive financial aid? What is the average award?

You should not hesitate to ask for an appointment to answer questions or discuss more thoroughly any questions or concerns you have about attending college. However, taking the initiative to find answers to your questions by using resources that are available to all students, shows that you know how to research and solve problems, which are important college skills.

- Check on deadline dates for entrance exams, application forms, and financial aid applications. (They may be different for each school.)
- Talk to your family, counselors, teachers, and friends and solicit their support and/or assistance to review applications, resumes, portfolios, or anything else you are sending to potential colleges.
- Take notes as you gather information.

### RESOURCE

NATIONAL WEBSITE:

A Pocket Guide to Choosing the Right College

[http://nsse.iub.edu/pdf/2006\\_pocket\\_guide.pdf](http://nsse.iub.edu/pdf/2006_pocket_guide.pdf)

A Pocket Guide to Choosing the Right College is a small guidebook that you can download from this website that has many key questions you should ask or address in choosing a college.

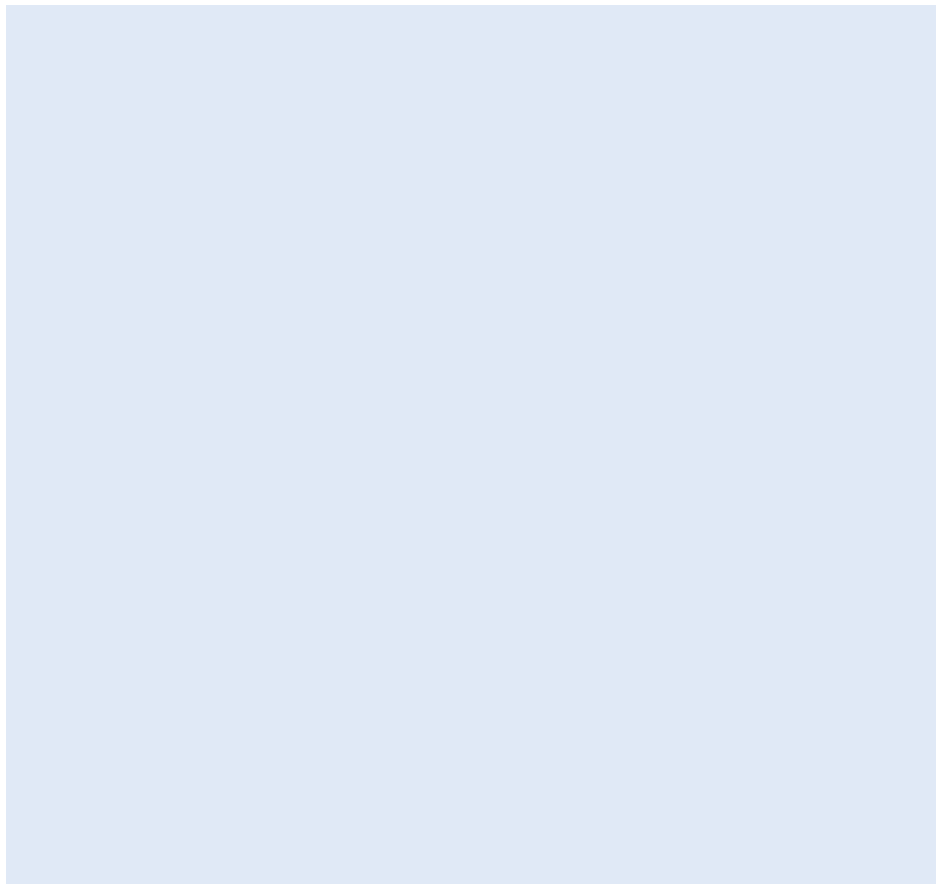


## What Do You Do If You Are Accepted to a College?

If you are accepted to a college, you will receive a letter acknowledging that you have been accepted. Along with this letter, you should receive a packet of information and some forms that you must sign and return. Be sure to read over everything that you receive and highlight any deadlines.

Complete all of the required forms and return them before or by the due date. These forms may include:

- Housing forms
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“A college or university has the flexibility to select the specific aid or service it provides, as long as it is effective.

Such aids or services should be selected in consultation with the student who will use them.”

(AHEAD, Section 504,  
The Law & Its Impact on  
I99r n/GS1 gsT1\_0-0-02-0-216 i812.91 gsT1\_0-0-02-0-316 81 s csy(l1s Lbls.91 gsT1\_0-0-02-0-306 )T02-0-06

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- \* A modification cannot be made to an exam, admissions test, or assignment that changes the standard. An exception might be made if you were auditing a class and not taking it for credit.

Center for Exceptional Learners, College Services for  
Persons with Disabilities in Indiana

[www.doe.in.gov/specialed/publications-and-resources](http://www.doe.in.gov/specialed/publications-and-resources)

You can download “College Services for Persons with Disabilities in Indiana,” which lists the appropriate contact at each institution.

## Recommended Questions You Should Ask the Disability Service Coordinator

- What documentation is required to receive reasonable accommodations?
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## Laws that Cover College

### Section 504 of the Rehabilitation Act of 1973

This is a civil rights statute aimed at preventing discrimination against persons with disabilities. Section 504 states that no otherwise qualified individual with a disability in the United States shall, solely by reason of his/her disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance.

This law requires that colleges be prepared to make appropriate accommodations and reasonable modifications to their college's procedures and practices, so that you can fully participate in the same programs and activities available to students without disabilities.

### The Americans with Disabilities Act of 1990 (ADA)

This is also a civil rights law that upholds and extends standards for compliance set forth in Section 504 of the Rehabilitation Act of 1973.

ADA helps to implement and enforce Section 504 and outlines additional protections. Section 504 states that public institutions cannot discriminate on the basis of disability if they receive federal funds. The ADA states that with or without federal funds, public institutions cannot discriminate on the basis of disability. Private colleges and universities are covered under the ADA, unless they are completely owned and operated by religious organizations.

### Why do you need to know and understand these laws?

Knowing the basic meaning of these laws provides protection against discrimination. This helps you know your rights, your responsibilities, and the college's obligations and requirements that allow students with disabilities the same opportunities as everyone.

Colleges must allow you the same access to recruitment, admission, and access as any other student. However, you must meet the same admissions criteria as that of other students.

Appropriate accommodations must be allowed during admissions tests. To receive accommodations on your admissions tests, you must provide documentation of your disability when you sign up to take the admissions tests.

## RESOURCES

### NATIONAL WEBSITES:

ACT Assessment: Services for Examinees with Disabilities

<http://www.actstudent.org/regist/disab>

Pacer Center, ADA Q & A:

Section 504 and Postsecondary Education

<http://www.pacer.org/publications/adaqa/504.asp>

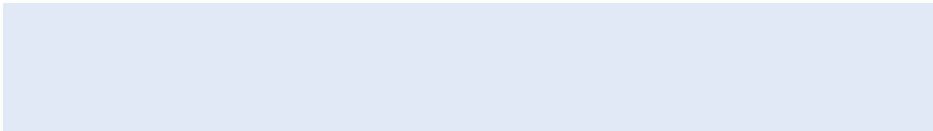


Adapted from Ladders to Success, MacKillop, pp. 47-48.

## Survival Tips

This may be your first experience living away from home and being responsible for the choices you make. Balancing many things, managing your time, and being successful in a college setting are all very challenging tasks. Here are some suggestions to help make your life easier:

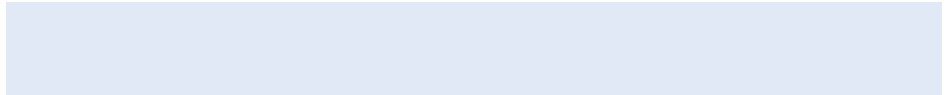
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- \* Let your son or daughter make choices and realize the consequences as they are growing up.
- \* Talk to other parents whose children have already graduated and are attending college.
- \* Set up a notebook or file to help your son or daughter organize all information and forms from different colleges.

## And, Last But Not Least . . . What Should A Parent Do?







## References

AHEAD, Section 504, The law & its impact on postsecondary education brochure.

Indiana Department of Education. Indiana's diploma requirements. Retrieved February 5, 2015 from [http](http://www.doe.edu)



