



# NAVIGATING CAMPUS RESOURCES

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# SMART STUDENTS....

## TAKE FULL ADVANTAGE OF CAMPUS RESOURCES!

- One thing college students should discover over their two or four years in college are the impressive resources available on campus
- Campus resources are designed to make college easier, but that's only the case if you take advantage of them.
- Remember, every student needs help at some point. Taking advantage of these resources doesn't mean that you're failing at college, it means that you know how to get what you need!



# WHY IS THIS SMART?

## TAKING ADVANTAGE OF ALL THAT YOUR CAMPUS OFFERS CAN:

- help you grow academically
- teach you various transferrable skills
- support you if you have special circumstances
- assist you with all health concerns that arise over your college career



# COLLEGE ACCESSIBILITY SERVICES

**Dennis Green**

Southern New Hampshire University



# ACCESSIBILITY SERVICES

**Admission to Arrival on Campus**



# INDIVIDUAL ROLES

What is the role of a student with a documented disability in the college search and admissions process?

What is the role of the parent(s)?



# RESEARCHING COLLEGES

How can students learn about a college's services  
BEFORE they apply?

- *Support Services vs Programs*
- Who should they talk to?
- What questions should they ask?





# APPLICATION FOR ADMISSION

Are students required to disclose their disability in the admission process?

Should they?







# HIGH SCHOOL VS. COLLEGE

What are the differences between high school accommodations (504 and IEP) and college accommodations for students with learning, psychological, emotional or physical disabilities?

*Success vs Access*



# DIFFERENCES BETWEEN HIGH SCHOOL AND COLLEGE FOR STUDENTS WITH DISABILITIES

<i>K -12</i>	<i>COLLEGE</i>
Education is a RIGHT and must be provided in an appropriate environment to ALL individuals.	Education is NOT a RIGHT. Students must meet certain admissions criteria defined under ADA as "otherwise qualified."
School district is responsible to identify a student's disability.	Students must SELF-IDENTIFY with Disability Services.
School district provides free testing, evaluation and transportation to program.	Student must provide current and appropriate documentation. If it is not adequate, the student can attain an evaluation at his or her own cost.
School district develops the Individualized Education Plans (IEP) to define educational services.	<b>NO IEP is developed in college, as there is no special education.</b> Please do not submit the IEP for services.
Through the school district the IEP Team determines all IEP supports and services that will be provided.	The student is responsible to activate the approved services at the start of each semester.
Fundamental alteration of programs and curricula are required.	No fundamental alterations are required.
Personal services for medical or physical disability are required.	No personal services are required.



# STARTING THE PROCESS

When and how does a student apply for college level accommodations?

Is testing and/or documentation necessary?



# STARTING THE PROCESS

What accommodations might be available?

*Determined by Functional Limitations*

Academic

Housing

Assistive Technology

Typically open to all: Tutoring & medical and mental health services



# ACCESSIBILITY SERVICES

**Making the Transition**



# MAKING THE TRANSITION

What steps can a student take to prepare for the transition to college?





# PARENTS' ROLE

What steps can parents take to prepare for the transition to college?





# MAKING THE TRANSITION

Who is responsible for  
notifying college professors of the  
accommodations to be made in the classroom?

What is the role of the student in the process?





# COLLEGE ACADEMIC SERVICES

**Patti May**  
Plymouth State University



# WHY UTILIZE THE ACADEMIC SERVICES IN COLLEGE?

- Provides a wide range of academic enrichment and support services to help you transition into college and build the skills you need to succeed throughout your college career
- Assists students in becoming more efficient and effective learners
- Builds your support network
- Many are part of your tuition dollars – use your resources!



# WRITING CENTERS

Writing Center staff help with any writing assignment for any class at any stage of the writing process.

What benefit can you imagine at each of these stages of the writing process?

- **Prewriting: interpreting an assignment; generating ideas; planning**
- **During the first draft**
- **Revising**
- **Editing**
- **Deciphering feedback**





# PEER TUTORING

Peer tutors are students who have done well in a particular course at the college you'll be attending.

- Share study strategies
- Clarify instructions and guidelines
- Time management – Prioritization
- Organization
- Prepare for exams
- Taking notes
- At PSU, Tutoring is free!



**What perspective can a peer offer that you can't get from a professor?**



# ACADEMIC/PEER MENTORING

Academic/Peer mentors or coaches can be students or professional staff members who help look at the big picture so that you can develop your own strategies for success.

- Understand academic language
- Locate resources
- Guidance
- Companionship
- Assistance



**What concerns do you have about adjusting to college?  
How could a mentor help?**



# LIBRARY & LEARNING COMMONS

Libraries and Learning Commons help you navigate the worlds of information that support your learning.

- Research help
- Online databases
- Forming good questions
- Books and journals
- Quiet places to study
- Places for group study
- Access to technology



**How might a college library or learning commons be different from a high school library?**



# RESOURCES EVERYWHERE!

Everyone on a college campus is an academic resource in one way or another:

- Advisors
- Registrar
- Multicultural/Intercultural/Spiritual Centers
- Residential Life
- Financial Aid
- Community Engagement
- Clubs and student organizations
- Counseling and Health Centers

**Where is the first place you will go for academic support?**



# COLLEGE & MENTAL HEALTH SERVICES





# ADDRESSING MENTAL HEALTH ON CAMPUS

- There is no doubt that teens and students are facing challenges in their lives, especially since the Covid Pandemic. These challenges are leading to more reports of mental health issues in many young adults.
- In response, many colleges are providing/increasing services related to Emotional/Mental Health
- More students are willing to have open dialogue surrounding their mental health
- There has been a shift in the stigma related to mental health



# THE STATISTICS

## ACCORDING TO RECENT STUDIES\*:

- 7 out of 10 teenagers reported they struggle in some way with mental health challenges
- 45% said they experience excessive stress and 43% experience depression
- 61% of teens said that the pandemic increased their feelings of loneliness \*Johns Hopkins, Healthy Minds, and National 4-H Poll
- More than 60 percent of college students meet the criteria for at least one mental health problem \*American College

Health Association



# WHAT COULD I BE FEELING

Teens and young adults report symptoms like:

Anger

Depression

Loneliness

Sleep problems

Concentration issues

Anxiety/panic attacks

These symptoms have been more prevalent since the pandemic, and high schools and colleges are recognizing the effect they are having on student success.



# WHY IT CAN'T BE IGNORED

- You are human, and going through challenging times is universal to everyone
- You deserve support when you need it
- When you are mentally healthy, you can enjoy your life and environment, and the people in it. You can be creative, learn, try new things, and take risks.
- You want to get the most from your college experience



# GOOD MENTAL HEALTH

Good mental health means being generally able to think, feel and react appropriately to situations in your life.

This includes:

- Emotional Stability: feeling calm and able to manage emotions
- Resilience: the ability to cope with the stresses of daily life
- Optimism: feeling positive about your life and future

**EVERYONE** deserves to feel these things!



# COLLEGE SUPPORTS

## Some of the options a school may offer include:

- Telehealth/teletherapy
  - Online platforms and apps, connecting to licensed therapists
- On-site professional counseling services
- Access to community providers
- Peer counseling
- Emergency hotline
- Support groups
- Student organizations promoting health and well-being





# CURRENT CAMPUS TRENDS

- **First Year Orientations programs include discussions about mental health and student access to services**
- **Mental health checkups using free, readily accessible screenings**
- **Resilience training / mindfulness training**
- **Text-based support / hotlines**
- **Well-being strategies woven into college coursework**



# WHAT TO CONSIDER IN YOUR COLLEGE SEARCH

- Inquire just what services a school offers
- Ask if there will be a cost/fee for campus services
- Will your current healthcare be accepted?

For those who have been receiving ongoing care:

- Is long-term therapy offered on the campus?
- Will you need referrals to different providers while in school?  
Seek private therapists close to campus who accept your insurance.





# SHOULD I DISCLOSE?

- Disclosure of any existing mental health issue is not mandatory in the college admissions process, but consider any accommodations you may need before choosing a school
- It could be an opportunity to discuss how you met and overcame the challenges you faced as the result of your medical condition





# WHAT ELSE TO CONSIDER

**Do you have good self-care strategies and coping skills already in place?**

- meditation, journaling, existing support people

**Are your organization and time management skills ready for college-level demands?**

- Calendars, reminders

**Does the school provide enough activities/clubs, etc., that**

- Interest you
- Help you make social connections
- Let you blow off some steam
- Center you



# NOTE: PARENTS' RIGHTS

While parents might like to be in the loop and able to speak with their child's mental health providers, the campus/community health care professionals are legally and ethically bound to uphold confidentiality and cannot give out information to anybody without a student's permission (with the exception of when/if a student becomes a threat to self or others)



## FERPA

Family Educational  
Rights & Privacy Act



# WORKSHOP CONCLUSION

- **Allow yourself time to adjust to this new environment!**
- **Know where all the support offices and buildings are. Take that campus map and go explore!**
- **Give yourself a chance to find “your people”**
  - There are lots of students on campus – you will find them!
- **No matter what you might need, there’s someone on campus ready and able to help**

**Smart Students Take Full Advantage of Campus Resources!**



# THANK YOU!

**Center for College Planning**  
**603.227.5444**

**collegeplanning@nhheaf.org**

Schedule an appointment online:

**[Calendly.com/nhheaf\\_ccp](https://calendly.com/nhheaf_ccp)**



Book an appointment