



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

Colleen Bolton, Southern New Hampshire
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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

K -12	COLLEGE
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.	NO IEP is developed in college, as there is no special education. 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

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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

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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



Writing Centers

Writing Center staff help with any paper 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: generating ideas
- Prewriting: planning
- During the first draft
- Revising
- Editing





Peer Tutoring

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

- Translate academic language
- Share study strategies
- Clarify instructions and guidelines
- Locate resources
- Help communicate with professors



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



Academic Mentoring

Academic 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.

- Organization
- Time management
- Prioritization
- Taking notes
- Study strategies



What concerns do you have about doing well in college? How could a mentor help?



Library

Libraries 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 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 Centers
- Community Engagement
- Clubs
- Counseling and Health Centers

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



College Health & Counseling Services



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That Was THEN...

In 2018*, only 28% of parents of teens with diagnosed mental health issues said they had thought about mental health services when considering college campuses



*US News, 2018



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
- Of those with a diagnosed mental illness who dropped out of college, 64% directly attribute this to their condition/disorder
- 61% of teens said that the pandemic has increased their feelings of loneliness

*Johns Hopkins, Healthy Minds, and National 4-H Poll



This Is NOW...

- More students are willing to have open dialogue surrounding their mental health, and there has been a shift in the stigma surrounding these issues
- Students and parents have changed the way they evaluate colleges and universities
- Many are paying more attention to the campus health resources offered when deciding which school they will attend





Before You Apply...

- Learn which supports the school offers to their students – services can vary from college to college
- Students rated the following as “most important”:
 - access to a psychiatrist for medication management
 - a 24-hour crisis hotline
 - community connections to additional mental healthcare
 - the school’s overall culture of understanding that college can be stress-inducing and that mental health is paramount



Before You Apply...

- Inquire if there will be a cost 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.



From Admission to Life on Campus

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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





Impact of Neglecting Mental Health

Mental health issues such as anxiety, depression, eating disorders, and substance use are associated with:

- Lower GPA and loss of scholarship
- Higher probability of dropping out of college
- Social issues such as homesickness, loneliness, relationship issues, and problems with impulse control



Available Services

- Most four-year residential colleges and universities provide counseling services, and many also have established relationships with community providers
- Telehealth/teletherapy
 - Online platforms and apps, connecting to licensed therapists
- On-site professional counseling services
- Peer counseling
- Emergency hotline
- Support groups
- Student organizations promoting health and well-being





Available Services

CURRENT TRENDS ON COLLEGE CAMPUSES

- Discussions about mental health and student access to services included in first-year orientation programs
- Mental health checkups using free, readily accessible screenings
- Resilience training / mindfulness training
- Text-based support / hotlines
- Well-being strategies woven into college coursework



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



Conclusion

- In college, you will find yourself in an environment where everything you need is within close reach
- 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!

Please make your way to the college fair from the Destination College main platform.

nhheaf.org/dc-eventday

The link is also posted in the chat for your convenience.



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