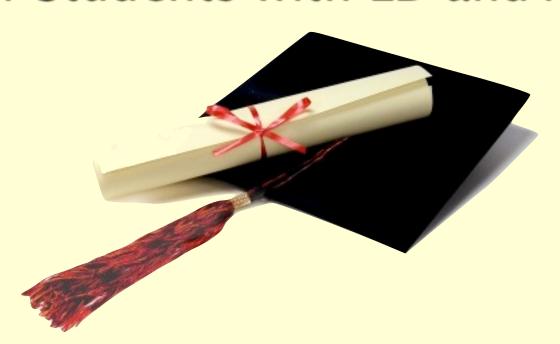
### LD Resources Foundation

Mission: LD Resources Foundation is committed to overcoming barriers, and providing access to knowledge, for students with learning disabilities.

Zahavit Paz www.LDRFA.org zpaz@ldrfa.org 646-701-0000

#### LD Resources Foundation

# COLLEGE SURVIVAL GUIDE For Students with LD and ADHD





#### LDRF SURVIVAL GUIDE

- **Empower Yourself**
- MKnow your Rights to Accommodations
- **™**Use Assistive Technology
- MAccessing Digital Texts
- **Stay Organized**
- Understand & Maintain your LD Documentation
- **Stay Positive**



#### **Empower Yourself**

BE SMART. ACT SMART. LIVE SMART.

- M Know your talents and strengths
- M Know your weaknesses and challenges
- Explore what you need to face your challenges and SUCCEED
- Never, ever be embarrassed to ask for help



## Know your Rights to Accommodations

Be PROACTIVE – Investigate your Rights

- Realize that help can be found at various places:
  - MAt College disabilities department, information desk, counselor's office

  - ☑Online for a list of resources go to <a href="https://www.LDRFA.org">www.LDRFA.org</a>



## Know your Rights to Accommodations

- Make use of the services and technologies to which you are entitled
- Actively seek the support that will help you SUCCEED



#### **Use Assistive Technology**

- Make sure you have the tools you need:
  - MRead & Write Gold or Kurzweil
  - MAudionote, Smartpen,
  - ☑Dragon Dictate (Mac) or Dragon Naturally Speaking(Windows)
- Explore what works best for you!
- Keep up to date by talking to your friendsthere are new Apps every day! Keeplooking in the App Store!



#### **Use Assistive Technology**

- Some good Apps:
  - **™**Notability
  - **M**AudioNote
  - **™**Dragon Dictation
  - **™**Dragon Microphone
  - MAccessibility to read text aloud
- **W**Use Google Apps



### Free Libraries for Students with Disabilities

- require registration
- Use Bookshare www.bookshare.org

  - Request that books or articles be digitized
  - ☑Free software to read to you, or R&W
    Gold (Mac & PC) or Kurzweil (PC) can



### Free Libraries for Students with Disabilities

- require registration
- Learning Ally www.learningally.org
  - Madio versions (recorded human voice)
- Library of Congress <a href="http://www.loc.gov/">http://www.loc.gov/</a>



#### Free Libraries - no registration required

```
Project Gutenberg – http://www.gutenberg.org/
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■Lots of free books that are public domain

**™**Google also sells ebooks



Libraries – public or your college require registration

MNew York Public Library has ebooks and audiobooks <a href="http://ebooks.nypl.org/">http://ebooks.nypl.org/</a>

iTunes U – lots of good content (videos of lectures, problem sets, etc...)

Keep looking – there are new resources coming out every day!



### **Stay Organized**

- Be realistic about how long it will take you to complete an assignment or a project:
  - ☑ Develop a work plan to help keep you on schedule – Use your Google Calendar
  - ☑Give yourself time to review your work thoroughly ask a friend to take a look and make suggestions

    ☐
  - **™**Use your Read & Write Gold or Kurzweil



### **Stay Organized**

- Use management tools to keep you on schedule and on time:
  - ☑Gmail for keeping emails, documents and calendar
  - Link your calendar on all your devices!
  - ■Use some management apps to keep track of to do list (Reminders on Apple devices)
- Organize your files and notebooks by color- it helps minimize the chaos!

# Understand and Maintain your LD and ADD documentation

Familiarize yourself with what your medical and professional evaluations recommend. If you're not sure what they mean, ASK! ASK! ASK!

#### This:

- Melps you understand your learning differences and challenges



## Maintain your LD and ADD documentation

- You need these to apply for your accommodations at college or university
- Make sure that documents comply with your school guidelines
- Keep documents current so that you qualify for the accommodations you need and deserve (Documents should be less than 5 years old for adult LD; less than 3 years old for ADHD)



#### **Stay Positive**

- Focus on developing your talents and strengths
  - Create active steps to help reach your goals
  - Make use of resources: people, technology, and accommodations



### **Stay Positive**

- MDon't build barriers that will isolate you.
- Don't let your LD define you.
- Take charge of your learning, your growth, and your life.

# Program

Don't Forget!

Fill out the survey about what you learned in the "Toolkits for College" program this semested and during this panel.

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