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

© 2012 Zahavit Paz
Empower Yourself
Know your Rights to Accommodations
Use Assistive Technology
Accessing Digital Texts
Stay Organized
Understand & Maintain your LD Documentation
Stay Positive
Empower Yourself

BE SMART. ACT SMART. LIVE SMART.

- Know your talents and strengths
- 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:

- At College – disabilities department, information desk, counselor’s office
- Support groups for students in particular subjects
- Online – for a list of resources go to www.LDRFA.org
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:
- Read & Write Gold or Kurzweil
- Audionote, Smartpen,
- Dragon Dictate (Mac) or Dragon Naturally Speaking (Windows)

Explore what works best for you!

Keep up to date by talking to your friends – there are new Apps every day! Keep looking in the App Store!
Use Assistive Technology

- Some good Apps:
  - Notability
  - AudioNote
  - Dragon Dictation
  - Dragon Microphone
  - Accessibility to read text aloud
- Use Google Apps
  - Calendar – due dates, schedule and reminders
  - Use Google docs to backup your work
Accessing Digital Books

Free Libraries for Students with Disabilities
- require registration

Use Bookshare – www.bookshare.org
- Free digital versions of books and textbooks (daisy format, no visuals)
- Request that books or articles be digitized
- Free software to read to you, or R&W Gold (Mac & PC) or Kurzweil (PC) can
Accessing Digital Books

Free Libraries for Students with Disabilities
  – require registration

- Learning Ally – www.learningally.org
- Audio versions (recorded human voice)
- No text, daisy format

Library of Congress http://www.loc.gov/nls/
Accessing Digital Books

Free Libraries – no registration required

- Project Gutenberg – http://www.gutenberg.org/
  - Digital versions of books that aren’t copyrighted
  - Lots of free books that are public domain
  - Google also sells ebooks
Accessing Digital Books

Libraries – public or your college require registration

- New York Public Library has ebooks and audiobooks [http://ebooks.nypl.org/](http://ebooks.nypl.org/)

- 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:

- Tells you what you need and what you should ask for
- Helps 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

- Don’t build barriers that will isolate you.
- Don’t let your LD define you.
- Take charge of your learning, your growth, and your life.
Don’t Forget!
Fill out the survey about what you learned in the “Toolkits for College” program this semester and during this panel.

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