

High School to College Worksheet

Using the [Cincinnati State Transition Guide for Students with Disabilities](#) take a moment to reflect on the following questions.

Understanding Rights and Responsibilities

Can you explain the difference between the laws (IDEA, ADA, Section 504) that apply in high school versus college?

How do these differences affect the type of supports or accommodations in high school versus college?

Self-Advocacy and Independence

In college, you need to advocate for yourself. How comfortable do you feel about discussing your needs with professors or disability services staff? If you currently advocate for yourself, how do you prepare for these discussions?

What strategies might you use or do you use to ensure that you get the accommodations you need in college?

Documentation and Accommodations

In high school, the school provides disability documentation. In college, you need to supply it. Do you know where you can get updated documentation, if needed?

What accommodations do you currently have that you think are essential for you in college? Have you checked if those are available?

Financial Responsibility

Since students in college are often responsible for the costs of any evaluations, what resources or assistance have you looked into to cover these costs?

Are you aware of any financial aid options that could help with costs associated with evaluations or other disability-related services?

Understanding Limitations of Accommodations

How do you feel about the fact that accommodations in college cannot fundamentally alter course requirements? How does that impact your study approach?

What are some examples of accommodations that are not provided in college (such as personal aides or transportation) that you may need to adjust for?

Goal Setting and Progress Tracking

In college, you are responsible for meeting your own educational goals. How do you currently track your progress, and how do you track it in college?

What are some of your academic and personal goals for college, and what support will you need to achieve them?