



# LD Resources Foundation

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

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# LD Resources Foundation

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## COLLEGE SURVIVAL GUIDE For Students with LD and ADHD





# LDRF SURVIVAL GUIDE

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- ☑ Empower Yourself
- ☑ Know your Rights to Accommodations
- ☑ Use Assistive Technology
- ☑ Accessing Digital Texts
- ☑ Stay Organized
- ☑ Understand & Maintain your LD Documentation
- ☑ Stay Positive



# Empower Yourself

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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

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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](http://www.LDRFA.org)



# Know your Rights to Accommodations

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



# Use Assistive Technology

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- ❑ 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

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- ❏ 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](http://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

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## Free Libraries for Students with Disabilities

– require registration



Learning Ally – [www.learningally.org](http://www.learningally.org)



Audio versions (recorded human voice)



No text, daisy format



Library of Congress <http://www.loc.gov/nls/>




# Accessing Digital Books

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**Free Libraries – no registration required**

 Project Gutenberg – <http://www.gutenberg.org/>

 Digital versions of books that aren't copyrighted

 Google Books – <http://books.google.com/>

 Lots of free books that are public domain

 Google also sells ebooks



# Accessing Digital Books

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Libraries – public or your college require registration

 New York Public Library has ebooks and audiobooks <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

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- ❑ 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

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- ❑ 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

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- ❑ 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

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-  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




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- ☑ 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

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-  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.



# LD Resources Awards Program

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Don't Forget!

Fill out the survey about what you learned in the “Toolkits for College” program this semester and during this panel.

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