Tip Sheet: The Realities of College with a Disability

"It's going to be different, it's not going to be what you thought it was going to be. It's not always going to be easy, but be open to the experiences that will come to you. Good and bad, all the experiences are a learning opportunity." Cady Russell (Daemen University 2025 graduate)

Tip 1: Check your campus email regularly. Important information is shared only on the college email.

Tip 2: Advocate for yourself.

Tip 3: Connect with the college Disability Services office. Use the accommodations that are approved for you.

Tip 4: Contact the college DS office if you encounter a barrier to advocate for your access.

Tip 5: Know how to use the AT. Use the AT that can help you.

Tip 6: Develop a time management system that works for you and use it.

Tip 7: Use available on-campus resources. Check out tutoring, the writing center, academic advisors, and the library as additional resources.

Tip 8: If you take online asynchronous classes, schedule it as a class on your calendar and work on the class at your "assigned class time" to stay on top of the work.

Tip 9: Visit the campus and ask questions, see the accessibility of the campus, and assess barriers to discuss with the DS office.

Tip 10: Campus events should be accessible but know who to talk to on campus if you run into barriers.

Tip 11: Sometimes failure is the best teacher. Learn from what didn't work, find out what does work for you.

Tip 12: Participate in floor/dorm activities and campus events – request accommodations for the events.