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**Preparing for the shift from high school to post-secondary education.**

What is an accommodation?

In order to have full access to your post-secondary classes, you might use academic accommodations. Accommodations reduce/remove barriers to your academic experience. To help the disability services office work with you to determine what accommodations are reasonable and appropriate for you, it is important for you to think about how your disability impacts your learning. Use the following guiding questions to organize your thoughts:

I use an IEP/504 plan in high school because my disability is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (be as specific as possible)

My disability impacts my ability to learn in these three ways:

1.

2.

3.

Use the table below to organize your thoughts on your high school special education experience:

| My accommodations/adjustments | Reason for my accommodations/adjustments | On a scale of 0-5, I would rate my accommodations as follows: 0 = never used 5 = very helpful | Things to remember to ask or mention during my meeting with the disability services office |
| --- | --- | --- | --- |
| *Example:* *Take tests in a private environment.*  | *My ADHD impacts my focus and I get distracted by others and/or the noises around me.*  | *4* | *Is there a place I need to go to so I can take my test in a private room?*  |
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