



## I am Thinking about Going to College!

That's great! There are many options out there for continuing your education after high school. Some programs focus on academics and others focus more on vocational skills. Here are some resources to help you get started.

### General Information about Education after High School

- **Virginia Department of Education:** Offers a College Planning Resource Center [www.doe.virginia.gov/special\\_ed/transition\\_svcs/college\\_planning/](http://www.doe.virginia.gov/special_ed/transition_svcs/college_planning/)

Another helpful resource created by Virginia DOE is their College Guide for Students with Disabilities. Although this guide is older (2003), it still offers very useful information as you think about and plan for college.

[www.doe.virginia.gov/special\\_ed/transition\\_svcs/college\\_planning/college\\_guide.pdf](http://www.doe.virginia.gov/special_ed/transition_svcs/college_planning/college_guide.pdf)

- Each college will have a staff person or an office that supports the needs of students with disabilities (often called **Disability Support Services** or DSS). This is where you can get information and support as you prepare for college and as you attend classes. You can find your college's DSS Office searching on line or calling the college. Many of Virginia's DSS Offices are listed on this website: [www.collegeacademicsupport.com/virginia.html](http://www.collegeacademicsupport.com/virginia.html)

- **Think College:** Provides information on colleges that provide programs for individuals with disabilities. [www.thinkcollege.net](http://www.thinkcollege.net)



- **Greater Richmond Aspirations College Program (GRASP):** A non-profit organization that assists students and families in obtaining funding for post-secondary education. This service is not geared specifically to students with disabilities. This service is offered at no cost to the family. <http://grasp4va.org>

- **U.S. Department of Education:** This federal agency offers a guide entitled Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities.

<http://www2.ed.gov/about/offices/list/ocr/transition.html>

They also offer resources on adult education at

<http://www2.ed.gov/about/offices/list/ovae/pi/AdultEd/disability.html>



- **VCU Center on Transition Innovations:** This site offers a wealth of information on many topics relevant to individuals transitioning into adulthood. [www.centerontransition.org/transition/postEd/index.html](http://www.centerontransition.org/transition/postEd/index.html)

## Information about Specific Programs for Individuals with Disabilities

- **Wilson Workforce and Rehabilitation Center:** This state-operated program provides vocational training for people with disabilities to assist them in obtaining employment and to live more independently. They have two programs specifically for students transitioning from high school, Life Skills Transition Program (LSTP) and Postsecondary Education Rehabilitation Transition (PERT).  
LSTP: <http://wwrc.net/LSTP.htm> PERT: <http://wwrc.net/PERT.htm>
- **Virginia Rehabilitation Center for the Blind & Vision Impaired:** This state-operated program collaborates with VCU to provide rising high school juniors and seniors the opportunity to assess their college-readiness skills in a program called Learning Excellence in Academics Program (LEAP).  
[www.vrcbvi.org/YSPprograms.htm](http://www.vrcbvi.org/YSPprograms.htm)
- **George Mason University:** GMU's Learning into Future Environments (LIFE) Program offers a supportive academic university experience for individuals with ID and DD seeking a four-year curriculum of study. <https://masonlife.gmu.edu>
- **Virginia Commonwealth University (VCU):** VCU offers a program called ACE-IT in College, a five semester inclusive, on-campus college experience for young adults with intellectual disabilities, traumatic brain injuries, or autism.  
[www.aceitincollege.org](http://www.aceitincollege.org)  
VCU also offers a program called Project Search which is a one-year, high school transition program that provides skills training and work experience in a hospital setting for young adults with significant disabilities ages 18 to 22.  
[www.worksupport.com/projects/project.cfm/38](http://www.worksupport.com/projects/project.cfm/38)
- **Northern Virginia Community College:** NVCC has partnered with the national organization College Steps to provide individualized college support for students with social, communication or learning challenges.  
[www.collegesteps.org/#!college-steps-virginia/c3vn](http://www.collegesteps.org/#!college-steps-virginia/c3vn)
- **J. Sargeant Reynolds Community College:** Reynolds offers a two-year vocational training program called Program for Adults in Vocational Education (PAVE), [www.reynolds.edu/student\\_services/pave](http://www.reynolds.edu/student_services/pave).  
Reynolds Community College has also partnered with United Methodist Family Services to offer a joint program called *Courage to Succeed*. This program is specifically for individuals with autism and other neurological differences, including learning disabilities, ADHD and traumatic brain injury. [www.umfs.org/wp-content/uploads/2015/02/UMFS-CourageToSucceed.pdf](http://www.umfs.org/wp-content/uploads/2015/02/UMFS-CourageToSucceed.pdf)



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