KENTUCKY P&A PROTECTION & ADVOCACY

Tips for Students Attending Postsecondary Education

Congratulations on attending college or trade school! Kentucky P&A would like to give you some tips for this next step in your adult journey.

- Complete the Free Application for Federal Student Aid (FAFSA). You'll need to do this, regardless of whether you think you'll qualify or not. www.studentaid.gov
- Know your Social Security number.
- Check to see which immunizations your school requires.
- Have an account in Parchment so you can get copies of your transcripts. www.parchment.com
- Have copies of your health and car insurance cards.
- Have the contact information of your primary care physician.
- If you regularly take medications, please make sure that you keep an updated list with you.
- If you have allergies, please make sure that you keep an updated list with you.
- Identify your emergency contact on your cell phone.
- Remember that once you're 18, your school will make all contacts with you and not your parent/guardian. They WILL NOT speak with your parent/guardian unless you sign a release of information.
- Your school may ask you to sign a legal document so that they can contact your parent/guardian if something happens to you while on campus. If your school doesn't do this, consider creating a power of attorney (POA).
- Consider giving your parents' contact information to a couple of your friends.
- Make sure your advisor knows your limits. You don't have to take every class your first term.
- Take advantage of on-campus services, like tutoring.
- Read each class syllabus carefully at the beginning of the terms. This way, you won't be surprised about what is expected.
- Know how to use your bank account.
- Remember that "no" is a complete sentence. No one has the right to cross this line towards others.
- Remember that college classes are more intensive than high school. Have time in your schedule for studying and class assignments.
- If you wish to exercise your voting rights, make sure you're registered and know the steps to request an absentee ballot, if needed.

Additional Tips for Students with Conditions/Diagnoses

If you have a condition/diagnosis that impacts your daily life (going to school is part of this), please check the below additional tips.

- Contact your school's student accessibility office, if you need any kind of accommodations.
- Know what kind of accommodations you got in high school.
- Give the student accessibility office a copy of your most recent Individualized Education Program (IEP) or 504 plan of accommodations.
- Get a letter from your doctor or therapist supporting any request for accommodations.
- Once the student accessibility office approves accommodations, make sure to give your professors a copy of the accommodations. You need to do this at the beginning of the school term.
- Know that sometimes the professors will need to be reminded of your accommodations.
- If professors don't provide you with accommodations after reminders, speak with the student accessibility office again.
- Consider applying to the Kentucky Office of Vocational Rehabilitation for additional support for your long-term goals. http://kcc.ky.gov/Vocational-Rehabilitation/Pages/Kentucky-Office-of-Vocational-Rehabilitation.aspx
- Consider contacting Kentucky P&A, if you have any questions about your rights.

KENTUCKY P&A PROTECTION & ADVOCACY

www.kypa.net

11/24