

Tips for College Students with Asperger's/ASD

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1. Get to know the campus. Start with a guided campus tour and repeat with self-guided tours as often as needed (with parents or friends) until you are comfortable navigating the campus alone.
 - The buildings to become most familiar with are: Student Services, DSPS, Health Center, cafeteria/food court, Classroom buildings, Instructor's offices and Campus Police.
2. Use *schedules and lists* to help you complete projects on time. Daily and weekly schedules provide structure & help you; arrive on time for class, organize and plan assignments and tests.
 - **Ask your counselor** for a worksheet to help you get started managing your time.
3. Practice! If you dislike talking to peers, instructors or strangers, have a family member help you to write out mini "scripts" of social situations where you ask for help, directions, information.
4. Communication is key! Students with ASD/Asperger's can be uncomfortable asking for clarification from professors. Consider making an appointment to speak with your instructor during office hours.
5. Write down questions that occur to you while reading, studying, and completing assignments. In class, remember not to blurt out questions, wait to be called upon.
6. Make use of the Learning Resource Center and Instructor's office hours to have your questions answered.
7. Seek ways to develop your "soft skills" ...traits like patience, flexibility, confidence, cooperation, resilience and a possessing a **growth mindset** rather than a fixed mindset.
8. Consider applying for a job on campus. Working alongside college students can allow you to improve your soft-skills for future employment.
9. Remember that college students are often worried and stressed about school, work, or personal life. Don't be offended if someone is impatient with you. It probably isn't about you at all.
10. Try to understand the larger meaning when learning, rather than focusing on the details. Consider how the smaller details contribute to the larger concepts, theories and ideas.

Your DSPS team is here to help you overcome the hurdles and challenges of learning with ASD/Asperger's Syndrome. We can also help you to **turn your differences into strengths.**

