The Next Step:, and

Self-Advocacy,

Time Management,

& Stress Management
Statement of Purpose:

- To provide self advocacy skills necessary to allow you to make sure your needs are met both academically and personally while in college.

- Develop time management strategies to encompass academics, extra-curricular activities and socializing.

- Develop stress management strategies to deal with the transition from high school to college as well as other stressful situations.
What is Self-Advocacy?

- Learning how to speak up for yourself
- Making your own decisions about your own life
- Knowing your rights and responsibilities
- Learning how to get information so that you can understand things that are of interest to you
- Learning about self-determination
- Reaching out to others when you need help and friendship
- Finding out who will support you in your journey
Why is Self-Advocacy Important?

So that you have the knowledge needed to succeed and are given the chance to participate in decisions that are being made about your life.
My Personal Self-Advocacy Plan

- Name: ____________________
- Grade: ________________
- My Disability is: ____________________
- My Learning strengths are: ________________
  - ______________________________________
- My Learning weaknesses are: _____________
  - ______________________________________
My Personal Self-Advocacy Plan

- I learn best when: ________________________________
  ________________________________
  ________________________________

- The specific classroom modifications I need are: ________________________________
  ________________________________

- I need to develop the following self-advocacy skills: ________________________________
  ________________________________
“Perhaps the most valuable result of all education is the ability to make yourself do the thing you have to do, when it ought to be done, whether you like it or not.”

- Walter Bagehot
Common differences between college and high school courses are that in college

- Material is presented more rapidly and in larger quantities.
- Fewer exams are given and each exam covers more material.
- All assignments typically count toward the final grade.
- Keeping up with previous material is essential to understand new topics.
- Considerable out-of-class time investments are required to effectively learn course material.
Common differences between college and high school courses are that in college

- Critical thinking is more important than rote memorization.
- You no longer will have an IEP to have your disability services provided. Instead you have to document your disability and seek a letter of accommodations from your disability coordinator in order to have your needs met.
- Neither professors nor parents are “looking over your shoulder” to ensure that necessary coursework gets done on time.
- Help is available, but you must take the initiative to seek it out.
Time Management Tips

▪ **Plan each day**
  - Planning your day can help you accomplish more and feel more in control of your life.
  - Write a to-do list, putting the most important tasks at the top.
  - Keep a schedule of your daily activities to minimize conflicts and last-minute rushes.

▪ **Prioritize your tasks**
  - Time-consuming but relatively unimportant tasks can consume a lot of your day.
  - Prioritizing tasks will ensure that you spend your time and energy on those that are truly important to you.
Time Management Tips

- **Transfer all assignments from syllabus to calendar at beginning of the semester, and update accordingly.**

- **Say no to nonessential tasks**
  - Consider your goals and schedule before agreeing to take on additional work.

- **Get plenty of sleep and have a healthy diet**
  - A healthy lifestyle can improve your focus and concentration, which will help improve your efficiency so that you can complete your work in less time.
Schedule Tips U of I students only

- **Know the transportation schedule!**
  - DRES Buses pick up from Beckwith Hall on the half hour from 7:30am-3:30pm
  - Buses pick up from the quad every hour on the hour from 9am-5pm
  - MTD buses have regular routes that are often more convenient for students

- **Schedule classes based on when you learn best!**
  - Also make sure to consider adequate bathroom breaks in between classes or schedule classes close enough together where you can use the restroom before and after the classes scheduled.

- **One tool that is useful for finding the perfect schedule is the following website:**
  - [http://scheedule.com](http://scheedule.com)
  - This website allows you to pick a class and then explore each option of every time it is offered that fits in with other classes you choose.
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Stress Management

The secret to college stress management is organization!!
Common Stress Traps to Avoid

- Pulling “all-nighters”
- Having study parties with your fun friends
- Drinking lots of caffeine
- Waiting until the last minute
- Constantly reminding yourself what’s at stake.
Stress Management Tips

- **Create a schedule**
  - When planning your activities, be sure you allow yourself the time you need to study and get work done

- **Create or find a quiet study space**
  - Make sure there’s a quiet space for you to focus and concentrate in order to get work done efficiently without any distractions

- **Avoid common stress traps**
Stress Management Tips

- When you need help, find it!
  - If you need help with a subject, or dealing with some other type of issue, don’t be afraid to ask for HELP! You can find a tutor to help with the class. Teachers and professors may offer limited help, but are more likely to be a resource to assist you in finding either extra materials or a tutor. Resident Advisors, and peers are a good resource and can point you in the right direction as well as your Disability Specialist with other issues..
Stress Management Strategies

- If you find that no matter what you do to try to keep yourself from getting stressed out about something and it doesn’t seem to work here are some strategies to help you manage your stress:
  - Breathing Exercises
  - Meditation and Relaxation
  - Listen to music
  - Prepare for the next day the night before
  - Don’t rely on memory! Write down appointments
  - For more resources on stress strategies try the following website:
    - http://www.mckinley.uiuc.edu/Units/Health_Ed/stress_management.htm
    - http://www.mckinley.uiuc.edu/Units/Health_Ed/relax_main.htm
    - http://www.mckinley.uiuc.edu/Handouts/list%20by%20topics.html#Stress
ALWAYS REMEMBER

- **YOU ARE NOT ALONE!!!**

Although sometimes it may feel like you are alone you are not! There are tons of freshman on campus trying to adjust to the same academic issues as you. More importantly, other students in your residence hall are trying to adjust to living independently just like you also!
References

- http://www.brs.state.ct.us/SchoolToWork/GuidepostDocs/SELFAdvocacyAndPersonalFuturePlanning.pdf
- http://www.clemson.edu/collegeskills/sec2pg1.htm