

# Specialized Support Programs

- Order of Presentations:
  - Next Steps
  - STARS
  - Full Spectrum Learning



A low-angle photograph of a large, ornate brick building with a prominent clock tower, likely a part of Vanderbilt University. The building is set against a clear blue sky. The image is partially obscured by a dark blue diagonal overlay on the left and a yellow diagonal overlay on the right. The text "NEXT STEPS AT VANDERBILT UNIVERSITY" is centered in white, bold, sans-serif font.

# NEXT STEPS AT VANDERBILT UNIVERSITY



VANDERBILT  
UNIVERSITY

# NEXT STEPS AT VANDERBILT

- Next Steps at Vanderbilt is a 4-year inclusive higher education program in Nashville, TN committed to providing students with intellectual disability an inclusive, transformational postsecondary education in academics, social and career development, and independent living, while honoring equality, compassion, and excellence in all endeavors.



VANDERBILT  
UNIVERSITY

# APPLICATION PROCESS

- Applying to Next Steps at Vanderbilt:
  - Submit online application, personal statement, and letters of recommendation
  - Complete an in-person interview
  - Attend a preview day on campus
  - Decide whether you are applying early vs. regular decision
- More information on the admissions process can be found at:  
<https://peabody.vanderbilt.edu/departments/nextsteps/admissions/>



# WEEKLY SCHEDULE

- Each week students complete:
  - VU Classes
  - Career and Community Studies Classes and Experiential Seminars
  - Peer Mentor Meetings
  - Internships and Jobs
  - Extracurricular involvement

	MON 10	TUE 11	WED 12	THU 13	FRI 14
	Daniel R. - Internship with the Brentwood Library (Starts 1/13) 9am - 1pm	VU Class- History of P 9:35am, Cohen Hall 30	Daniel R. - Internship with the Brentwood Library (Starts 1/13) 9am - 1pm	VU Class- History of P 9:35am, Cohen Hall 30	Daniel R. - Internship with the Brentwood Library (Starts 1/13) 9am - 1pm
	Optional - Lunch in C 12 - 1pm	VU CLASS- LEARNING 11am, Wilson Hall 12T		VU Class- Learning an 11am, Wilson Hall 12T	
		Lunch w/ Anika Park 12:30pm, Rand Dining			
		Advising with Jenny, 2			Junior ES Seminar 2pm, Home
		VU Tutoring with Max 3pm, The Jean and Al			
	Workout w/ Garrett M 4pm, The Commons C	ES Tutoring with Cort 4pm, <a href="https://vanderbil">https://vanderbil</a>		ES Tutoring with Cort 4pm, <a href="https://vanderbil">https://vanderbil</a>	CLA Planning w/ Asya 4pm, The Commons C
		Optional Weekly Dinner 5:45pm, Rand Dining C	Special Olympics Bas 5pm, Vanderbilt Recre		

# HOW TO PREPARE

## Skills to master before coming to college:

- Have a of solid means of communication (verbal, written, communication device)
- Ability to ask for help when needed
- Total independence in personal hygiene during the daytime hours
- Consistent phone communication skills (e.g., text, receive and make calls, FaceTime)
- Demonstrate age-appropriate behavior in and out of the classroom
- Basic knowledge of what to do when not feeling well and/or an emergency (e.g., who to call for help, recognizing what is an emergency and what is not).
- Appropriate use of free time (e.g., initiating work, managing assignments, hanging out with others in public spaces).
- Ability to follow a schedule (e.g., paper, Google Calendar)
- Ability to use basic email skills (e.g., logging in, reading and responding to emails)
- Ability and stamina to traverse campus independently (e.g., wheelchair user, walkers)

# HOW TO PREPARE

## **Strategies to prepare students for self-advocacy in college:**

- Increase awareness of strengths and challenges.
- Help understand that everyone learns differently, everyone needs help sometimes.
- Respect student's points of view, involve them in everyday decisions and choices.
- Allow student to make mistakes.
- Talk about the future, prepare and plan.
- Ask for student's opinions and feelings (verbal and written).
- Take time to work through problem-solving.



# QUESTIONS

- For more information, visit our website:  
<https://peabody.vanderbilt.edu//departments/nextsteps/>
- Or, contact:
  - Tammy Day, Program Director,  
[tammy.l.day@Vanderbilt.edu](mailto:tammy.l.day@Vanderbilt.edu)
  - Emilee Bauer, Program Coordinator,  
[emilee.bauer1@vanderbilt.edu](mailto:emilee.bauer1@vanderbilt.edu)





- ▶ **Kim Jameson**
- ▶ **Proud Mom & Executive Director**
  - ▶ Phone: (901) 834-6125
  - ▶ Email: [kjameson@collegestars.org](mailto:kjameson@collegestars.org)
  - ▶ Website: [www.collegestars.org](http://www.collegestars.org)



- ▶ Housed at Christian Brothers University
- ▶ Mission
  - ▶ Assist & support college students with autism by facilitating opportunities for social, academic, and career-building skills through peer mentoring, coaching, workshops, social activities, and creative endeavors.



## ▶ Programs

- ▶ STARS are Social
- ▶ TEAM (Teaching Employment and Academic Mastery)
- ▶ STARS Connects
- ▶ Stewardship with the STARS
- ▶ Inside Out
- ▶ Reaching for the STARS



## ▶ **STARS are Social**

- ▶ Meet for weekly events, workshops and social activities.
- ▶ Open to all students.
  - ▶ Student peers (students who do not have autism) serve as friends and role models to help the other students learn important social skills.
  - ▶ These student peers make a great impact on the growth and development of the students with autism and are truly making a difference in each others lives.
- ▶ There is not a charge to the students for this program.
  - ▶ It is supported through fundraisers and donations.



## ▶ **TEAM**

(Teaching Employment and Academic Mastery)

- ▶ Key to success relies on a strong support system, a TEAM!
- ▶ TEAM Players
  - ▶ Student
  - ▶ Team Coach
  - ▶ Professors and Advisor
  - ▶ Career Services
  - ▶ Parent/Caregiver



## ▶ **TEAM**

(Teaching Employment and Academic Mastery)

- ▶ **Provide individualized:**
  - ▶ TEAM Coaching
    - ▶ Monitor Progress
    - ▶ Build time management & organizational skills
    - ▶ Build self-advocacy
    - ▶ Build career skills
  
- ▶ **Education Planning**
  - ▶ Assist student with optimal class schedule
  - ▶ Assist with schedule changes, registering
  - ▶ Oversee academic progress



## ▶ STARS Connects

Approximately 85% of college graduates with autism are unemployed or underemployed. We find this statistic unacceptable.

- ▶ We work closely with each student in the TEAM Program to prepare them for externships, internships, and job interviews.
- ▶ We focus on important career-building skills:
  - ▶ Body Language and Eye Contact
  - ▶ Professionalism
  - ▶ Business Communication
  - ▶ Interviewing
- ▶ STARS partners with CBU Career Services to provide monthly workshops on career building skills.



## ▶ Steps for entry into the program

- ▶ Admission into the University
- ▶ All students welcome to join social program (student organization)
- ▶ Must have documentation of autism diagnosis to receive TEAM program services
- ▶ Student and parent/caregiver set up an initial “virtual” visit with STARS Executive Director to discuss program details
- ▶ Complete and submit the TEAM program application
- ▶ Set meeting either in-person or virtually to review application and discuss responsibilities with the student and parent/caregiver





## ▶ Disclosure Process

- ▶ Students that seek support services with the TEAM Program must register with Student Disability Services to receive academic accommodations.
- ▶ We promote self-advocacy and with that encourage our students to self-disclose when necessary.



## ▶ **Types of Accommodations Available in the Program**

▶ Academic accommodations provided through the Office of Student Disability Services:

- ▶ Extended time on tests or in-class assignments
- ▶ Use of a tape recorder or copy of professor's slides
- ▶ Preferential seating at the front of the classroom

▶ Peer tutoring, writing assistance, etc. through CBU Academic Services



# Full Spectrum Learning

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Austin Peay State University

# Get to Know the Program Director

- Emmanuel Mejeun, MA, CAS, LCP
- Worked at APSU since 2012
- Worked With FSL since 2015
- Fun facts: Speaks 4 languages, plays many musical instruments, born in Haiti etc.

# Today's Plan



Where FSL located?



What are the basic components of the FSL program?



What does the application process consist of for disability services and/or programs at Austin Peay State University?



What types of accommodations are available at Austin Peay State University?



What skills should students master now to help them in college?

# Where FSL located?



The FSL program is based in the Martha Dickerson Eriksson College of Education and is designed to promote retention and successful completion of a college degree.



Clarksville TN, Austin Peay State University, Caxton 106- PO 4428 -  
*Office: (931) 221-7543 -  
Fullspectrumlearning@apsu.edu*

# What are the basic components of the FSL program?



**FSL Course:** academic success and transition to the workforce



**Weekly Conferences:** Coaching, goal setting, problem solving, crisis intervention



**Peer Mentors:** adjust to campus life



**Faculty Mentors:** Transition to workforce



**Certified Tutors:** academic support



**Study Hours:** minimum distraction



**Social Hours:** Interaction with all FSL participants

# What does the application process consist of for FSL at Austin Peay State University?

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## **Be Admitted at APSU**

To qualify for the Full Spectrum Learning Program, prospective students must be admitted to the University. FSL does not have further GPA or testing requirements beyond the admission requirements of the Office of Admissions. Begin your process as soon as possible.

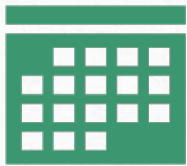


## **Full Spectrum Learning Application**

Every applicant must submit the FSL application to be accepted into the FSL program. The deadline to finish the Application process for Fall 2020 is July 15th, 2020. Extenuating circumstances will be taken into consideration.



# Application process- cont.



## Interview with FSL

All Incoming Students must interview with an FSL staff. Please select a couple dates (and times) that work for you. I recommend that you also schedule a campus tour for that day. We could meet before or after your tour.



## Register with the Office of Disability Services (ODS)

This step can be done only after you have been admitted to the University. This is where you will upload ALL official documentation (official autism diagnosis and anything else you have). FSL was founded with the intent to serve only students on the Autism Spectrum. FSL does not require any other physical documentation. During your interview with ODS, we will discuss the types of accommodations for which you may be eligible. (Single room, extra time for test, note taker etc...)

# Application process- cont.



## Register with the Vocational Rehabilitation Office

The TN Vocational Rehabilitation (VR) office covers the full cost of the FSL program for all qualified participants. If you are not yet registered with VR, I would recommend doing so as soon as possible as the funding process can take some time. If you have any question or concerns, contact the Clarksville office with the link below. However, you can register with any VR office.



## Register for Classes at APSU

Be sure to include the FSL course corresponding to the student's academic status. First Year: APSU 1050, Second Year: APSU 2050, Third Year: APSU 3050, Fourth Year: APSU 4050. Incoming freshmen must attend Govs ROW! FSL Students must be active within a full-time or part-time class schedule in order to receive program services. We are currently unable to offer full program services throughout summer terms.

# What types of accommodations are available at Austin Peay State University?

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- The Office of Disability Services coordinates reasonable accommodations, such as:
  - Note-taking Accommodations
  - Testing Accommodations (extended time / minimal distraction room)
  - Interpreting/CART services
  - Alternate format materials (textbooks in digital format).
  - Assistive technology
  - Preferential Seating
  - Special Table/Chair as needed.
  - No Scantron
  - Reader / Scribe
  - Screen Magnification
  - **Private Rooms**
  - Contact Jamie McCrary (931-221-6230)

What skills  
should  
students  
master now  
to help  
them in  
college?

- **Open the lines of communication**
  - Teens with autism should understand their diagnosis and how it affects them so they can start advocate for themselves at school and at work
- **Request an updated autism evaluation**
  - Before your teen leaves high school, ask for an updated autism evaluation. Recent information regarding his or her condition and abilities, either from the school or from a private psychologist, is often necessary to apply for disability insurance, waivers etc..
- **Request a 504 plan**
  - The Individuals with Disabilities Education Act (IDEA) and individualized education programs (IEPs) do not follow teens into post-secondary education or college. Instead, you and your child will have to seek out a 504 plan for support services and accommodations such as extra time for tests etc..
- **Plan for the future**
  - When your child turns 18, you must reapply for social security disability insurance. Other financial and legal matters that can affect your child include obtaining health insurance, applying for home- and community-based waivers, and establishing guardianship and a special needs trust in the event something happens to you.
- **Talk about sex and appropriate social behaviors**
  - Research suggests that those with autism and intellectual disabilities are at increased risk for negative sexual encounters, such as coercion or assault, due to lack of education about appropriate boundaries. Likewise, young adults with autism might unwittingly make fellow students or co-workers uncomfortable because of their own social behaviors. Parents need to be proactive by educating teens about sex and safety, as well as how to modify or replace their own behaviors to support more positive experiences for themselves and their peers.

## Skills- cont.

- **Get support to help your teen develop soft skills**
  - Change can be difficult for those with autism. High school is a good time to consider working with a psychologist or counselor who can help your teen develop soft skills, such as interviewing, communicating, decision-making, and managing relationships with others. They'll likely need ample time and repetition, so start preparing your teen as early as possible and continue to practice and reinforce those skills.
- **Get support to develop life skills:**
  - **Safety** – College campus are safe to a certain extent; teens must know how to take care of their environment.
  - **Health** – college students must be able to feed, clean, clothe themselves and take care of their own basic needs
  - **Independence** - The more skills they have, the more options they have for housing and work.
  - **Self-advocacy** - when teen can care for themselves and perform decision making tasks, they can have a larger say in their own lives and making informed choices to be successful in creating and accomplishing their own dreams.
  - **Self-Regulation** - Learning to manage stress, anxiety and feelings is a very important life skill and will help your child cope with the rigors of college life..
  - **Executive functioning skills:** Teens with ASD who focus on developing executive functioning skills (such as Time management, organization, self-starting and problem solving) during high school will be better equipped to tackle the college experience.

## FAQ – Visit our website: <https://www.apsu.edu/full-spectrum-learning>

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1. Does FSL have any external testing/IQ/GPA requirements for admission?
2. Are FSL students required to use all services offered by the program?
3. How often will FSL staff have contact with an FSL student?
4. Do I have to have tutoring, even if I am proficient in certain subjects?
5. How are FSL students paired with their mentors?
6. What kind of additional support for students can FSL offer outside of its advertised model and services?
7. As parent, how much contact can I expect from FSL staff?
8. Are APSU courses modified for FSL students?
9. Does FSL offer family or mental health counseling services?
10. Are FSL students required to live on campus?

# Q&A Time

- Ask questions via the chat.
- Please keep yourself muted to cut down on background noise.

