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**GLOBAL
INCLUSIVE
PROGRAM**

THE COLLEGE SURVIVAL HANDBOOK FOR STUDENTS WITH INTELLECTUAL DISABILITIES

*From Preschool to College:
Readiness Skills for Inclusive Higher
Education*

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CONTEXT



Most of us understand the importance of early intervention and inclusive programs for students with disabilities. Early childhood experiences affect the development of the brain and provide the foundation for all future learning, behavior, and health. With that strong foundation, children develop their skills to become well-rounded and functioning adults. This leads to positive outcomes which include—higher reading proficiency, high school graduation, postsecondary education enrollment, employment, physical and mental wellness, avoidance of substance use, and criminal activity.

A background image showing a group of diverse students in a classroom setting. A young man in a green shirt is in the foreground on the left, looking towards the camera. Behind him and to the right, several other students are visible, some looking at books or papers. The scene is brightly lit, suggesting a window in the background.

CONTEXT

Inclusive postsecondary education (IPSE) programs have become more prevalent across the United States over the past two decades. Now, there are over 300 IPSE programs across the country. The reason for this movement is to provide opportunities for individuals with intellectual disabilities that lead to positive outcomes. Spaces, such as higher education classrooms, jobs, and social events, that were once denied to these individuals, are now becoming accessible and welcoming.

The GLOBAL Inclusive program is one of the 327 IPSE programs and one of five in Colorado. We strive to create inclusive environments for students with intellectual disabilities on campus by focusing on five pillars--academics, emotional & physical wellness, social engagement, career development, and self-determination & independent living. We work with several community partners to provide a continuum of services that will eventually lead our students to employment after college.

CONTEXT

Here is the problem. There are limited services for adults with disabilities, which leads to poverty and unfulfilling work. People with intellectual disabilities are less likely to maintain competitive employment once they reach adulthood.

IPSE programs are not all about school and work—college provides life experiences—social, emotional, independence, physical wellness, and recreation.

Many of the skills students come to college with are learned early in life, particularly in early childhood programs. Parents and teachers need to start thinking about the foundational skills young children need to build on as they grow so that college is a possibility for students with intellectual disabilities.



CONTEXT

Inclusion requires three components—access, support, and meaningful participation. Access to courses, campus activities, and academic materials. Support for the student to understand and engage with the materials (i.e., modifications and accommodations), and support for the instructor to work with the student and understand how to engage them. Meaningful participation is about including the students in discussions and class activities just like all students, not merely being there physically in class, but interacting and participating in a meaningful way.



HOW TO GET FROM PRESCHOOL TO COLLEGE?



DEVELOPMENT OF SKILLS

PRESCHOOL SKILLS

- Play-based--children learn through play
- Cognition--playing, thinking, and learning
- Communication & Language--using and understanding language
- Social & Emotional--behavior and social skills
- Physical (gross & fine) Motor--moving around and handling materials
- Adaptive skills--daily life skills

COLLEGE SKILLS

- Academics (inclusive courses)
- Physical Wellness
- Emotional Regulation
- Social Engagement
- Career Development
- Self-Determination & Independent Living

THE BEFORE COLLEGE CHECKLIST



Before students start college in an inclusive postsecondary education program, it would be helpful if they had foundational skills to build from. The skills will help them understand what's going on around them in this new environment and how to respond to professors, staff, and other students. There are many things they need to know so they can learn new things in college. Some of these things may seem not to have much to do with college, but they are very important for positive outcomes in college.

They should know...

THE BEFORE COLLEGE CHECKLIST

PERSONAL INFORMATION

Communicates, through writing and talking, their own...

YES/NO/EMERGING

Full name

Address

Phone number

Knows and communicates their parent's...

YES/NO/EMERGING

Full name(s)

Contact information



THE BEFORE COLLEGE CHECKLIST

ACADEMICS



Literacy: reading and writing or use of technology to access written text and produce written text

YES/NO/EMERGING

Reads and understands material at a 3rd-grade level with or without assistive technology

Writes a short summary of a short reading

Writes 2-3 paragraphs with punctuation

Writes notes, letters, emails, and texts that include at least 3 sentences

THE BEFORE COLLEGE CHECKLIST

ACADEMICS



Literacy: reading and writing or use of technology to access written text and produce written text

YES/NO/EMERGING

Finds and sorts written content in alphabetical order

Accurately interprets information presented in tables, graphs, or charts

Accurately interprets visual instructions

Uses the internet or library to find information for an assignment

THE BEFORE COLLEGE CHECKLIST

ACADEMICS



Literacy: reading and writing or use of technology to access written text and produce written text

YES/NO/EMERGING

Edits or corrects work before turning it in

Accurately completes an electronic form (ex: job or college application)

THE BEFORE COLLEGE CHECKLIST

ACADEMICS



Technology: ability to access and use a laptop, word processing software, email, and calendar

YES/NO/EMERGING

Remembers and types usernames and passwords for computer/email

Uses Microsoft apps (ex: Word, PowerPoint, Outlook, Excel)

Keeps devices charged and up to date

Navigates websites independently

THE BEFORE COLLEGE CHECKLIST

ACADEMICS

Expressive Language: speaking, articulation, having the ability to speak to others in and out of the classroom



YES/NO/EMERGING

Stays on topic

Has a back-and-forth conversation with others

Speaks clearly enough that people outside of family and friends can understand easily

THE BEFORE COLLEGE CHECKLIST

ACADEMICS

Receptive Language: understanding directions, answering yes/no questions



YES/NO/EMERGING

Follows instructions with at least 3 steps

Answers yes/no questions accurately

Accurately asks and answers what, when, where, how, and why questions

Asks for what they need

THE BEFORE COLLEGE CHECKLIST

ACADEMICS



Attention: the ability to pay attention in class to learn new things

YES/NO/EMERGING

Pays attention for at least 30 minutes in a class or meeting

Working memory-holds information in their mind and uses it

Cognitive flexibility-switches to think about different concepts

Problem-solving-talks and thinks about solutions to difficult situations

THE BEFORE COLLEGE CHECKLIST

PHYSICAL WELLNESS



YES/NO/EMERGING

Engages in regular fitness

Eats a balance of healthy foods

Has impulse control and inhibition (i.e., does not take that extra piece of cake)

Can find their way around to classes and other places

THE BEFORE COLLEGE CHECKLIST

EMOTIONAL REGULATION & WELLNESS

Emotional control, emotional vocabulary, appropriate behavior

YES/NO/EMERGING

Tells others how they are feeling with emotion words

Controls behavior when frustrated*

Has a support plan in place for behavior concerns*

Complies with directions regarding appropriate behavior



*The GLOBAL Inclusive Program does not tolerate verbal or physical aggression or inappropriate touching

THE BEFORE COLLEGE CHECKLIST

EMOTIONAL REGULATION & WELLNESS



YES/NO/EMERGING

Takes feedback appropriately

Understands that others have rights and feelings just as they do

Manages time alone for short periods

Resists touching other peoples' personal items

Continues working on something even when it gets hard

THE BEFORE COLLEGE CHECKLIST

SOCIAL ENGAGEMENT



YES/NO/EMERGING

Willing to participate in social activities

Listens to others and talks about shared interests

Understands their own boundaries - physical, belongings, language

Initiates interactions with others

Uses manners and is polite when talking with others

THE BEFORE COLLEGE CHECKLIST

SOCIAL ENGAGEMENT



YES/NO/EMERGING

Talks to others without being rude or interrupting

Gets along with others - is kind and uses kind language without constant supervision

Follows the rules in a community or sport

THE BEFORE COLLEGE CHECKLIST

CAREER DEVELOPMENT



YES/NO/EMERGING

Has career aspirations, even if they are tentative or in development

Writes professional emails

Gets to work or class on time

Stays on task

Follows directions

Uses appropriate physical touch

THE BEFORE COLLEGE CHECKLIST

SELF-DETERMINATION AND INDEPENDENT LIVING



YES/NO/EMERGING

Able to manage hygiene independently

Takes a shower independently

Cleans their own room

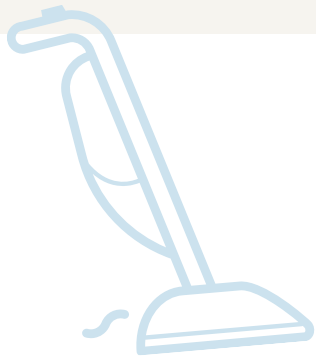
Cleans their own bathroom

Does their own laundry - wash, dry, fold, and put away

Has knowledge of independent transportation options - taxi, Uber, bus, Access-A-Ride

THE BEFORE COLLEGE CHECKLIST

SELF-DETERMINATION AND INDEPENDENT LIVING



YES/NO/EMERGING

Understands the concept of money - knows that money buys things

Carries a debit card and uses it responsibly

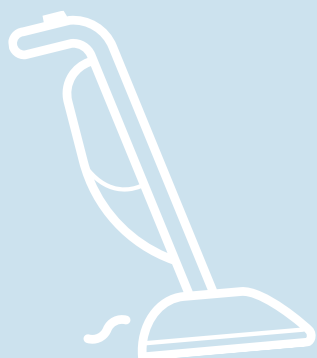
Knows the value of coins and bills

Tells time and uses alarms to get places on time

Uses the toilet independently outside of the home

THE BEFORE COLLEGE CHECKLIST

SELF-DETERMINATION AND INDEPENDENT LIVING



YES/NO/EMERGING

Takes medicine as directed and
uses medical devices
independently

Sets short-term and long-term
goals (i.e., get homework done
every week; go to college

HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

ACADEMICS

Goal: read for 15 minutes every day or listen to an audiobook for 15 minutes every day

Book Recommendations

- *New Love, Spilt Milk, and Potbellied Pigs by Thomas Fish & Jillian Ober*
- *Lucky Dogs, Lost Hats, and Dating Don'ts by Thomas Fish & Jillian Ober*
- *Something's Brewing: Short Stories and Plays for Everyone by Thomas Fish & Jillian Ober*
- *College Students with Intellectual Disability: Creating Our Own Lives by College Students with Intellectual Disability*
- *Rolling Warrior: The Incredible, Sometimes Awkward, True Story of a Rebel Girl on Wheels Who Helped Spark A Revolution*
- *How to be a (Young) Antiracist by Ibram X. Kendi and Nic Stone*

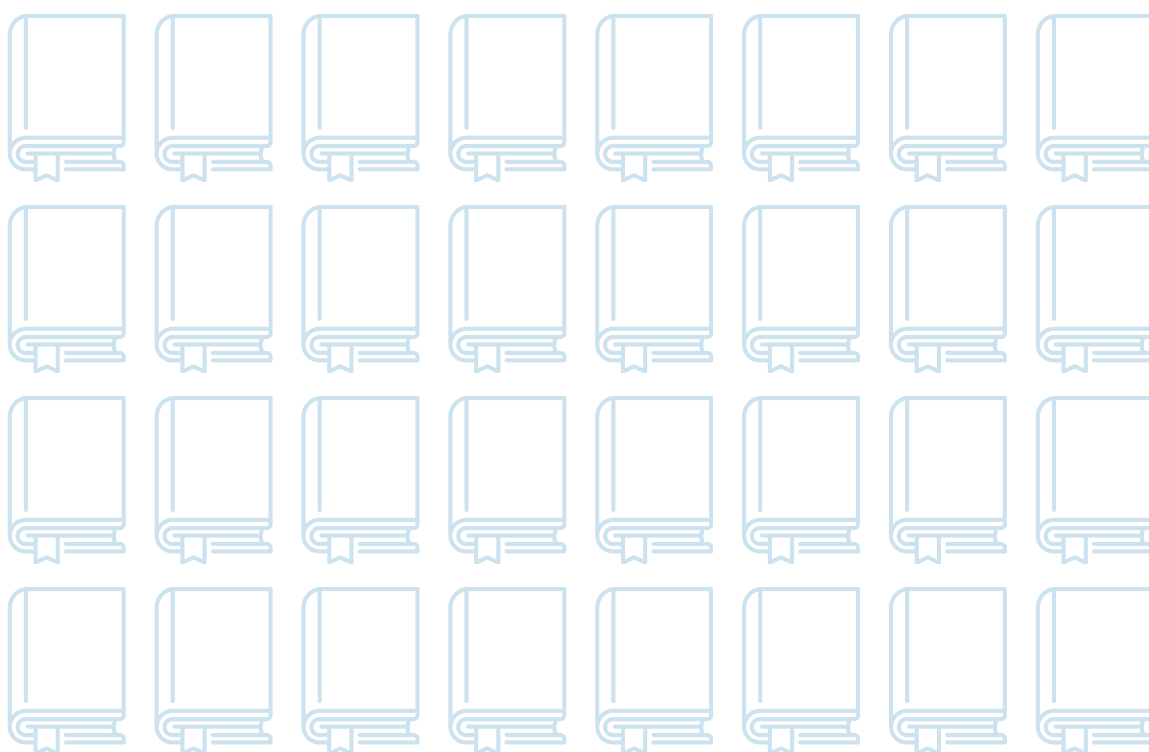
HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

ACADEMICS

Activities

- **Daily prompt:** What did I learn?
- **Challenge:** How do I connect with the reading? What questions do I have?
- Make it fun: Join a Next Chapter Book Club to read with new friends!
- How many days did I read this summer? **Color a book each time you read for 15+ minutes.**



HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

ACADEMICS

How many days did I read this summer?

Color a book each time you read for 15+ minutes.



HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

ACADEMICS

Complete an activity from Morgan

Check your Regis email for emails from Morgan.

Do the assignment she sent you about academics.

What assignment from Morgan did I complete?

What did I learn?

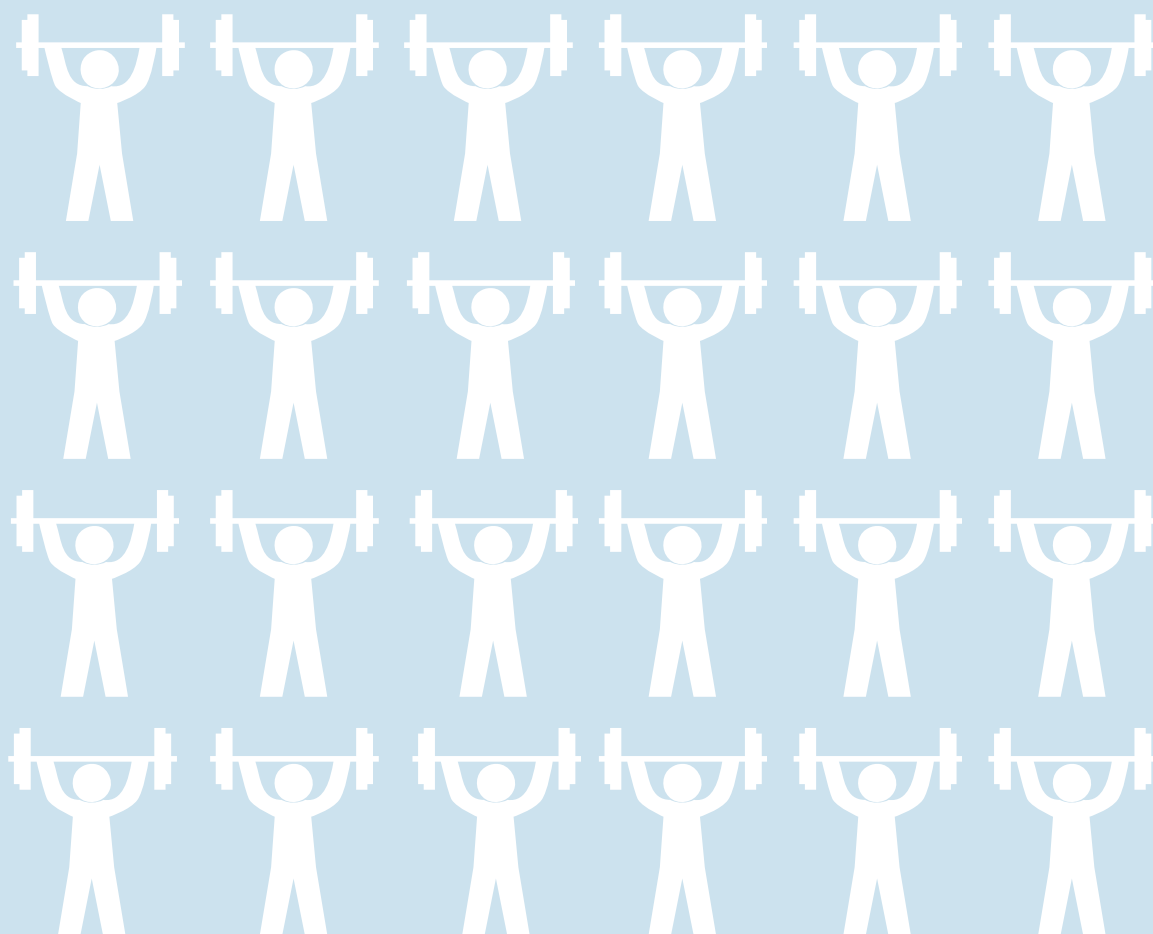
HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

EMOTIONAL & PHYSICAL WELLNESS

Exercise regularly. You could hike, walk, swim, dance, lift weights, ride a bike, do yoga, etc.

Color in a person each time you exercise for 20+ minutes.



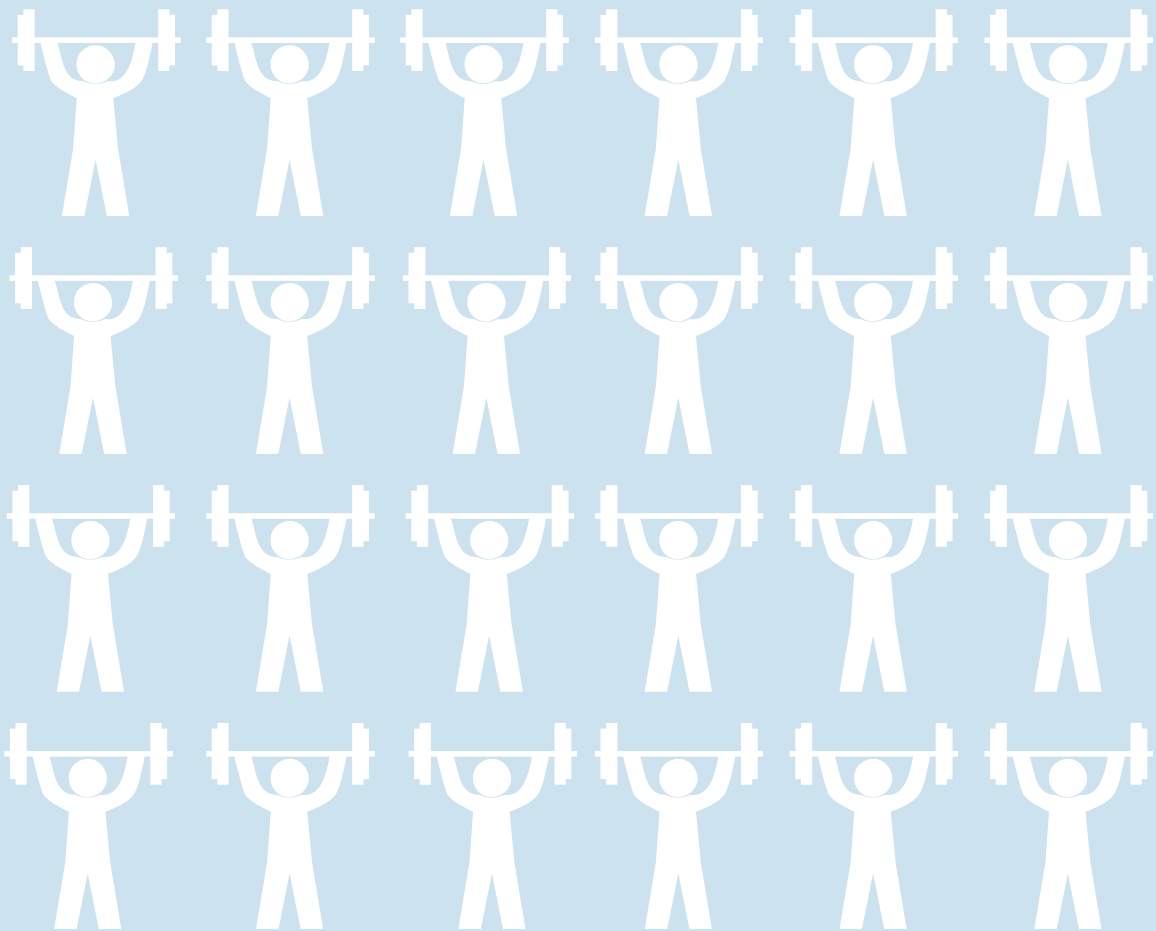
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HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

EMOTIONAL & PHYSICAL WELLNESS

Make healthy food choices.

Challenge: Make dinner with your family. Try making spaghetti or taco salad!

Snack ideas: apples and peanut butter, yogurt parfait, apples and slices of turkey, celery and peanut butter

What healthy food choices did I make today?

What healthy food choices did I make today?

What healthy snack did I eat today?

What healthy snack did I eat today?

What healthy food choices did I make today?

What healthy food choices did I make today?

HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

EMOTIONAL & PHYSICAL WELLNESS

Complete an activity from Morgan

Check your Regis email for emails from Morgan.

Do the assignment she sent you about healthy eating.

What assignment from Morgan did I complete?

What did I learn?

HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

EMOTIONAL & PHYSICAL WELLNESS

Take care of your emotional wellness daily.
Do a mindfulness activity to calm down.

What 3 things can I **smell** right now?



What 3 things can I **see** right now?



What 3 things can I **hear** right now?



What 3 things can I **taste** right now?



What 3 things can I **touch** right now?



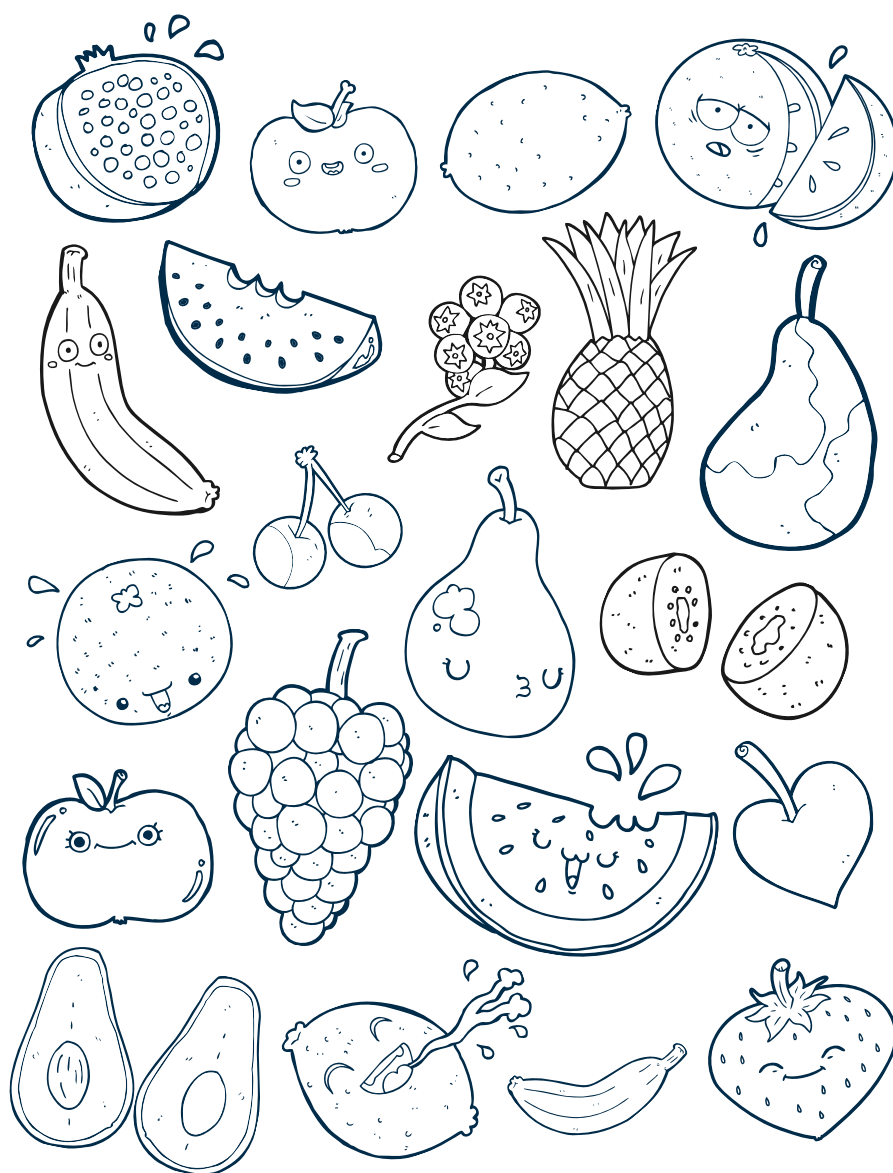
HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

EMOTIONAL & PHYSICAL WELLNESS

Take care of your emotional wellness daily.

Color the fruits or find a coloring page online!



HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

SOCIAL ENGAGEMENT

Plan social events with friends or family

Ideas: attend a sporting event, have a picnic in the park, go on a walk, try a new restaurant, walk around a museum, watch a movie, play basketball

Draw a picture of what social event you planned or attended:

HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

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HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

CAREER DEVELOPMENT

Ideas: volunteer in your community or find a summer job

Challenge: schedule an appointment with your DVR counselor

What's my dream job?

Go to VolunteerMatch.com and find a volunteer opportunity near you. Which one interests you?

HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

CAREER DEVELOPMENT

Ideas: volunteer in your community or find a summer job

Challenge: schedule an appointment with your DVR counselor

Check your Regis email for emails from Lauren.
Do the assignment she sent you!

What assignment from Lauren did I complete?

What did I learn?

HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

SELF-DETERMINATION AND INDEPENDENT LIVING

Practice independent living skills.

Ideas: clean your bathroom, do laundry, fold clothing, vacuum the floor, mop the floor

Color in a mop every time you clean or do laundry this summer.



HOW TO PREPARE FOR COLLEGE

What can I do to prepare for college?

SELF-DETERMINATION AND INDEPENDENT LIVING

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A photograph of three people running down a wide set of concrete stairs in front of a brick building. On the left, a woman with brown hair and sunglasses, wearing a floral shirt and light blue jeans, is running. In the middle, a man in a black and red shirt and blue shorts is running. On the right, a man in a black t-shirt and dark shorts is running with his arms raised in excitement. Above them, a large, minimalist black clock with white hands and markers is mounted on the red brick wall. The scene is bright and sunny, with shadows cast on the stairs.

THANK YOU!

See you on campus soon!



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