

10 Tips for College Students with Disabilities

Source: *Survival Guide for College Students with ADHD or LD* by Kathleen Nadeau

- 1) Look for help when you need it. This may be in the form of a tutor, a study group, or an instructor.
- 2) Schedule and plan how you will use your time. Try using a daily planner or smartphone.
- 3) Plan ahead, especially for tests and big projects.
- 4) Learn about how you learn. Are you a visual, auditory or hands-on learner? What are your strengths and weaknesses as a student?
- 5) Be an active learner.
- 6) Create an effective study routine. Do you need the quiet of the library to study or do you focus better with background music on?
- 7) Organize the place where you study. Get rid of unnecessary clutter.
- 8) Start early. Speak with the professor or a tutor if you need help **before** the assignment is due.
- 9) Identify problems that often get in your way.
- 10) Ask about resources that can help you.