

PILOTING YOUR WAY THROUGH COLLEGE



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Introductions

- Who we are?
- How many are going to college?
- Interested in going to college?



Getting Ready to go to College

- Going to college is stressful for everyone!
- Having to make major decisions such as;
 - paying for college, what to major in, studying and taking tests, new living arrangements, being away from home, etc.
- It also comes at a time in life when you are already dealing with who you are, what do you want to do in the future, getting out on your own
- It can be difficult but doable



Getting Ready to go to College

- When will you know you are ready to go to college ?
- Things to think about :
 - How far away to go
 - Ability to keep your EASA team
 - Community College vs College/University
 - Living at home vs on campus = driving/parking
 - How many classes to take
 - Am I ready to do this



Skills you need for College

- Organization – follow a schedule, doing assignments, getting to class
- Concentration/attention-distractability
- Knowing your study habits
- Memory –retaining what you learn
- Holding conversations
- Engaging with groups and working in groups
- Being able to sit in class for long periods



Skills you need for College

- Being aware of your sensory needs:
 - What bothers you
 - Noises- all kinds
 - Being around people
 - Lights
 - What to do about it
 - Hand fidgets
 - Water bottles
 - Taking breaks
 - Finding out what works for you



How Mental Health effects Education

- Symptoms- voices, distractions, delusions
- Social anxiety
- Feeling overwhelmed
- Feeling suspicious
- Depression
- Fatigue
- Medications- timing med changes, side effects, running out



How Mental Health effects Education

- Write things down- information is concrete, so can go back and look at it
- Structure- helps to organize you, takes some of the worry away, helps to make day go better and smoother
- Routine- know what to do, it becomes more habit and don't have to think about it
- Plan! Plan! Plan!-do it ahead of time



Getting Ready

- Advance planning and communication are keys to success
- Information is power!
- Take advantage of what is offered
 - Attend Tours of campus
 - Attend Orientation- Crucial information is shared here!
 - Talk to people going to school there



First Day – Make a Plan

- How to pilot college:
 - Campus- map -where are your classes
 - Computer system- orientation
- Important places to know:
 - Registrar
 - Advisor
 - Business office
 - Health/Counseling Center
 - Tutoring Center
 - Residential services office
 - Financial aid
- Good place to find any answers is the Information Desk at Student Center



First day- Plan Ahead

- Organization:
 - Backpack- what do you need:
 - Books, notebooks, writing tools, snacks, water
 - Get this ready the night before!
 - Schedule- planner - how to get everything done you need to! And not miss things or assignments
 - Space to study-
 - At home- blank wall, quiet, close door, not your bed, gum, snacks, water bottle, have a designated space
 - Spaces on campus to study- map, library



Start of Term

- Getting to class
 - Getting up-have a plan
 - Know where you are going- map
 - Parking-plan ahead
 - Things to set out- do night before
 - Have a plan/schedule to keep organized
 - Use tools/apps on phone



Start of Term-continued

- Map out assignments for the term
- Know important dates-
 - Midterms/finals
 - Pay without late fees
 - Add/drop classes
- Make sure have all the materials for the term-
 - Good lap top or plan to use the computers in the library
 - Books on line
 - Rent from the library
 - Scan books/articles
 - PDF's
 - Used books



Start of Term-continued

- Build relationships-
 - Instructor-
 - What to call them
 - Teaching style
 - Office hours, email, how to set up appointments
 - Get to know them-interests, subjects, research
 - Advisor- where is their office and office hours
 - Other students-Clubs
 - Study groups
 - Events on campus
 - Rec center-Classes, working out



Start of Term-continued

- Pace yourself-
 - Start slow
 - Don't have to have everything figured out at first
 - Plan ahead
 - Ask questions
 - Don't Worry
 - Find supports



Start of Term-continued

- Start out good:
 - Healthy choices
 - Have a schedule
 - Sleep-regular bedtime
 - Eating-plan ahead, snacks
 - Exercise
 - Substances & drugs
 - Medications
 - Relaxation techniques
 - Find something fun to do!



Ongoing

- By being engaged with school :
 - Helps your recovery
 - Feel better by self
 - Doing what is developmentally appropriate
 - Feel happier
 - Gives you some direction and routine
 - Makes you interact with others
 - Gives you a sense of worth and identity



On going- In class

- When get in class:
 - Find need extra time for assignments
 - Don't know all the information that is being covered
 - Don't remember the information from previous classes
 - In the wrong class
 - Where to go if you need help – Tutoring Center, Advisor, Study groups, Office of Disabilities Services



Ongoing –in class

- What to do when you have difficulty getting to class
 - Give yourself a reward for going
 - Listen to Motivational speeches on you tube
 - “Just GO!”
 - You paid money- guilt trip
 - You Have to go- tough love
 - Commitment to self to do this
 - Why aren’t you going? Anxiety, tired, beautiful day, lack motivation, symptoms bad, senioritis



Ongoing – in class

- If you don't go-
 - Get office hours and assignment to make up
 - Communicate with professor
 - It is okay to miss sometimes, just don't make it a habit
 - Don't beat yourself up



Ongoing – when stress hits

Triggers and Stress

- Having a plan
 - Someone to talk to
 - EASA
 - Pace self
 - Keep HOPE
 - Don't be afraid to admit struggling
 - Medications
 - Take care of yourself



Stress

- All life is stress! College is stress!
- Know what stresses you
 - Try to figure out before you go and have a plan
- When do you recognize it
 - Others are telling you
 - Self care drops
 - Things just not going well
- What do you do about it-
 - Learn what works for you
 - Have a plan before hand



Stress reduction

- Yoga/recreation class
- Walk on campus
- Take a break
- Reward yourself
- Breathe
- Meditate
- Connect with nature
- Exercise
- Talk with others
- Do something nice for yourself



Resources

MAKE A LIST OF RESOURCES:

- Study/Tutoring Center
- Office of Disabilities Services /Accessibilities
- Counseling Center
- Health Center-sick packs,
- EASA -wrap around services
- Crisis Center/Calls
- Lines for Life, Warm Line, etc.



Safety/Support Plan

- Make a plan ahead of time:
 - Know your warning signs and symptoms
 - Know your supports- EASA, on campus, family
 - Know your resources –add them when you got on campus
 - Know your plan
 - Work your plan
- Work with your EASA team for ideas
- Write it down and make copies
- Have self care included
- Don't be afraid to talk to someone
- Don't be afraid to ask for help
- Reward yourself
- Keep HOPE alive



Office of Disabilities Services

- The ADA & Section 504 Rehab. Act provides laws that say that you have a right to reasonable accommodations and appropriate education
- Need to meet college/university admission standards to qualify for these services
- You need to make your needs known and approach the Office of Disabilities Services



Disabilities

- A person with a disability is any person with a physical or mental impairment that results in substantial limitations of one or more major life activities. (self care, education, work, etc)
- You do have to disclose that you have a disability.
- if you chose to disclose-
 - + Get services and accommodations
 - -You are identified as having a disability



Office of Disabilities Services

- What is it?
 - The ODS is professionals that can help determine the appropriate accommodations, facilitate access, provide needed auxiliary aids & services and communicate needs to faculty and staff on your behalf.
 - It is valuable to get them in place at the beginning of the term, even if you do not need them right away, if you do later, they are in place.



Office of Disabilities Services

- Process:
 - You need to approach them and ask for services
 - Meet with staff from office and learn accommodations and services that are offered
 - Will need medical or psychiatric documentation that describes your disability and how it impact your education and learning
 - Make a plan and they communicate it with professors
 - All accept the plan



Office of Disabilities Services

- Some things to think about:
 - Professors may deny the request if it disrupts the class – you can appeal
 - Think about your symptoms and what would help
 - Meds make groggy
 - Concentration issues
 - Distractibility/Sensory sensitivity
 - Takes longer to process information
 - Memory delays
 - The office may have generic list and not be aware of mental health needs- individual requests



Accommodations

- Accommodations are meant to “level the playing field”
 - Formal accommodations- ones you get from the ODS with sanction to be enforced
 - Informal accommodations- ones you can set up with a professor/advisor
 - Don't have to disclose
 - Don't have sanctions
 - Things you can do without accommodations – things you know that have worked for you in the past



Accommodations

- Formal Accommodations:
 - More time to take a test
 - A quiet place to take a test
 - Recoding device /App
 - Note taker
 - Getting notes from other students
 - Recording lectures
 - Reduced course load
 - Text books in alternate format



Accommodations

- Informal Accommodations:
 - Work with the professor/advisor directly to get things in class. It is best to have developed a relationship ahead of time with the professor/advisor.
 - This allows for greater flexibility
 - May only need in that class
 - Don't have the back up of the institution
 - Getting assignments done at a later date
 - Seating assignment
 - Working in group vs individual
 - Presenting to professor only
 - Written presentation vs oral presentation



Accommodations

- Things you can do on your own:
 - Seating – towards the front or side
 - Hand fidgets
 - Water bottle with spout/straw
 - Ear phones/noise canceling
 - Get PowerPoints/lecture notes ahead of class
 - Have a planner for tests, assignments, etc.
 - Schedule harder classes at time of day do best
 - Take breaks between classes
 - Communicate- let professor know why not there



Disclosure

- You may need or not need to disclose about your mental health.
- Plan ahead , think about why you want to do this and maybe talk it over with others that you trust.
- There is a down side to disclosure & it is a risk you take



Disclosure

- Who-
 - Need to determine who you want to know and what is your goal for disclosing. What do you want to get out of it?
- What-
 - How much do they need to know?
- Communicate-
 - How much you want them to know
 - What specifically you want them to know
 - Set boundaries around what you share



Stigma

- One of the results of disclosure
 - People look up Web MD- think you are the definition there
 - Stigma is usually out of fear and misunderstanding
 - Role of social media
 - Generalization – everybody is like that, “all people”
 - Label – things that are not true about you
 - Misjudged –think cannot do things or are capable



Stigma

- Stigma is not having information/education. Things you can do to help with stigma:
 - Educate others whenever possible
 - Get involved clubs, activities, community
 - Set your own goals and be “true” to yourself
 - Be around people who don’t understand
 - Sharing your story at the right times and places



Supports

- Family- when and how to contact them- how much do you want them to know and when do you want them contacted by the school. Include this in your safety/support plan
- Friends- who can you trust and who will support you
- EASA team- when/how to contact them
- Dean of Students –support on campus for students
- Office of Disabilities Services –supports in class
- Crisis lines – always available
- Make a plan ahead of time for contacts and carry it with you. Also include the medications you are on and if there are medical interactions that others should be aware of

Celebrate

- Celebrate when you accomplish your goals, big and little
 - Do something good for yourself
 - Celebrate with others
 - Reflect on your accomplishments
 - Pat yourself on the back
 - Take time to celebrate –
 - finish project, take a day off
- You did it! Good For You!



Next Steps

- You made it to graduation!
- Now what-
 - Work
 - More school
 - Internship /Training
 - Take a break
- Some things to think about-
 - Student loans
 - Moving
 - A new life role from student to worker/professional





Self Advocacy



Resources

- Ore Competencies- What every Teacher and School Professional Needs to Know about Psychosis and Young People

www.easacommunity.org/PDF/Core%20Competencies%20manual.pdf

- Back to School: Toolkit to Support Inclusion of Students with Early Psychosis in Higher Education.
https://www.nasmhpd.org/sites/default/files/Toolkit-Back_to_School_Support_for_Full_Inclusion_of_Students_Family_Edition.pdf