Advising, Expectations and Alternatives: Keys to Accessing Postsecondary Education

Excepted from
Investing in Your Success: A Booklet For Entering Students with Disabilities and Their Families

NHTI
Concord’s Community College

Disabilities Services
Concord, New Hampshire
May, 2014
Statement of Nondiscrimination

NHTI does not discriminate in the administration of its admissions and educational programs, activities, or employment practices on the basis of race, color, religion, national origin, age, sex, disability, veteran status, sexual orientation, or marital status. This statement is a reflection of the mission of the Community College System of NH and NHTI, Concord's Community College and refers to, but is not limited to, the provisions of the following laws:

- Title VI and VII of the Civil Rights Act of 1964
- The Age Discrimination Act of 1967
- Title IX of the Education Amendment of 1972
- Section 504 of the Rehabilitation Act of 1973
- The Americans with Disabilities Act of 1990
- Section 402 of the Vietnam Era Veterans' Readjustment Assistance Act of 1974
- NH Law Against Discrimination (RSA 354-A)
- Genetic Information Nondiscrimination Act of 2008

Inquiries regarding discrimination may be directed to Michael O'Bryant, Title IX and Civil Rights/Equity Coordinator at NHTI, Concord's Community College, 31 College Drive, Concord, NH 03301, 603-271-6484 ext. 4269, or to Sara A. Sawyer, Director of Human Resources for the Community College System of NH, 26 College Drive, Concord, NH 03301, 603-271-6300.

This publication is available in alternate formats upon request. Please contact the Office of Disabilities Services at 603-230-4000 x 4117 or x4432; tty 603-223-2316

Date of Last Amendment: May 19, 2014

Note: The websites and links in this publication were current at the time of publication. For questions, please contact the Office of Disabilities Services at [https://www.nhti.edu/student-resources/where-can-i-get-help-my-studies/disabilities-services](https://www.nhti.edu/student-resources/where-can-i-get-help-my-studies/disabilities-services)

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ADVISING, EXPECTATIONS AND ALTERNATIVES:
KEYS TO ACCESSING POSTSECONDARY EDUCATION

It is the mission of the CCSNH Disabilities Services to provide equal educational access, opportunities and experiences to all qualified students with documented disabilities who register with each college’s Disabilities Services Office. Reasonable accommodations are provided to students to allow them to achieve at a level limited only by their abilities and not by their disabilities. Assistance is provided in a collaborative way to help students develop strong and effective independent learning and self-advocacy skills, as they assume responsibility for reaching their academic goals.

ADVISING AND ALTERNATIVES
Note: The links listed were current at the time of this document.

ADVISING
Advising at each CCSNH campus considers the whole person and reflects a value for lifelong learning. We recommend that each individual reflect upon his/her own interest areas, specific talents, and learning styles in concert with the pursuit of career and employment goals. We recommend consideration of ways for a student to develop transferable skills. We recommend that each individual know his/her own:

- Learning Style
- Academic Levels
- Personal Skills
- Best Study Methods
- Assistive Technology
- Activity Level
- Career and Work Interests

Advising is designed to support the student’s acquisition of transferable skills to face life challenges:

- Health and Wellness
- Safety
- Communication Skills
- Citizenship
- Household Management
- Interpersonal Relations
- Environment and Science
- Art and Aesthetics
- Leisure Time
- Money Management
- Transportation
- Travel

EXPECTATIONS AT COLLEGE
At college, students have equal opportunity to pursue programs and will be evaluated with reference to the same standards and course objectives, health, character and technical standards that are required of all students.
Students need to be “otherwise qualified”
- Have a diploma or GED
- Meet academic requirements

Students are expected to
- Do independent academic work
- Complete 1-3 hours of homework per class hour
- Use critical thinking skills
- Set one’s own schedule
- Maintain acceptable academic progress
  - GPA 2.0 or better
- Comply with conduct code

Note: There is no Special Education at college.

At college we expect students to become more independent, self-directed learners.

RESOURCES FOR LIFELONG LEARNING
Options available for students who meet the criteria for a college program (See NHTI Catalog at www.nhti.edu/academics/index.html)
- Associate’s Degree Program
  - Full course load: 12 or more credits
  - Reduced course load: 6-11 credits
  - Take only one course at a time
- Certificate Programs for a concentration in a field without the general education requirements of a full Associate’s degree. For example:
  - Landscape Design
  - Early Childhood
  - Community Social Services
- Auditing a course
  - No evaluation
  - With permission
  - Some restrictions apply

See catalog or www.ccsnh.edu for availability.

On-Campus Alternatives to Strengthen Academic Backgrounds:
- Business & Industry Training:
  - Business & Industry Training Office for the Community College System of New Hampshire: www.ccsnh.edu
  - NHTI Business Training Center: www.nhti.edu/businesstraining/index.html
    - Workshops for skill development
    - Day, evening short-term workshops
    - Business-paced training
    - Computer Proficiency Certificate

Off-Campus Alternatives to Strengthen Academic Backgrounds:
- Community Education classes at local high schools
For personal development
For academic growth
To meet prerequisites
  - Algebra, Biology, Chemistry, Physics, English

Skill building programs such as Second Start in Concord: www.second-start.org
  - Adult Education
  - Writing, Reading, Math, Computer Skills
  - GED preparation
  - Literacy Programs:
    - Adult Tutorial Program
      - Classes
      - One-on-one sessions

Supplemental Transition Programs/Postsecondary Education Preparatory Programs
  - Adult literacy programs at Second Start in Concord, NH: www.second-start.org
    - College Bridge
    - 15 weeks
    - Academic skills
    - College readiness:
      - Application process
      - College expectations
      - Class for ESOL learners when needed: www.second-start.org/adult/esl.html
  - Landmark College: www.landmark.edu
    - Summer Transition to College Program
    - 2, 3, & 5 week summer sessions
  - College Living Experience [CLE]: www.experiencecle.com
    - Academic, independent living, and social skills assistance
    - Transition to assist with job readiness
    - For students with Autism Spectrum Disorders, ADHD, Asperger’s syndrome, Nonverbal learning disabilities, and other learning disabilities
    - Students travel to centers in 6 states
  - Goodwill’s Stepping Stones Foundations: www.goodwillcva.org/aboutus/partners.html
    - Basic Skills in Math and English
    - Prepare for college level courses
    - This program is for people who have been out of high school 2+ years and want a Community College Associates Degree

Alternatives for Lifelong Learning to Prepare for Employment
  - Virtual Career Network/Healthcare: www.vcn.org/healthcare
    - US Dept. of Labor
    - Online tool for current and prospective health care workers
    - Explore occupations
    - Identify local education and training programs
    - Find current job listings
• Granite State Independent Living (GSIL) Employment Network: www.gsil.org
  “Ticket to Work” and “NH at Work”
  o Explore employment options
  o Receive support to find and maintain employment
  o For people on SSI and SSDI
  o Social Security Administration program
  o Goal: achieve employment outcome you want

• New Hampshire Vocational Rehabilitation (NHVR), an agency that helps persons with disabilities help themselves: http://education.nh.gov/career/vocational
  o To get a job, keep the job, and develop a lifetime career
  o 7 regional offices throughout the state
  o Job Placement
  o Job Development
  o Vocational Evaluation
  o Vocational Counseling
  o Diagnostic Testing (possibly updated documentation for college and career)
  o Support for education and training. For example, tuition support or technology support for college
  o NHVR offers other special services and supports
    ▪ Individuals who are blind/visually impaired and/or deaf/hard of hearing
    ▪ Independent living
    ▪ Transition
    ▪ Employer support

• Other CCSNH campus programs such as Great Bay Community College (GBCC): www.greatbay.edu

• Project SEARCH at GBCC
  o With Portsmouth Regional Hospital
  o Non-credit course
  o Goal: competitive employment
    ▪ Classroom instruction
    ▪ Career exploration and support
    ▪ On-the-job training
    ▪ Independent living skills
  o Five days a week, 9 am to 3 pm
  o Call for details about tuition

• START Hospitality (Skills, Tasks, and Results Training) at GBCC
  o Non-credit program
  o One year classroom and internship
  o For adults with developmental disabilities
  o Job shadow at Portsmouth Harborside Hotel
  o Industry internships at hotel and restaurant
  o In collaboration with American Hotel & Lodging Association’s Educational Institute
  o Must pass exam to receive certificate
Call for details about tuition

- Job Corps (“Because success lasts a lifetime”)
  - For eligible youth aged 16-24 who meet low income status requirements
  - Student can earn diploma or GED if doesn’t have one
  - 124 Centers nationwide
    - Call (800) 733-jobs
  - Job Corps students receive (at no cost to student)
    - Housing
    - Meals
    - Basic Health Care
    - Living allowance
  - Career options, technical training, or bridge to college
  - Courses offered to all Job Corps students:
    - Independent living
    - Employability skills
    - Social skills
  - Certified training staff
    - Help you reach your academic goals
    - Tutoring program for extra guidance
  - Build a resume
  - Hands-on training in America’s fastest growing careers
  - Career Technical Training Areas, such as:
    - Advanced Manufacturing/Welding
    - Automobile technician & Collision Repair and Refinish
    - Construction
    - Finance & Business
    - Health Care
    - Homeland Security
    - Hospitality: Culinary Arts
    - Information Technology
    - Renewable Resources: Landscaping
    - Retail Sales and Service
    - Transportation
    - Many more

Supplemental Programs to Develop Life Skills in Preparation for Employment
- State- Funded: Adult Developmental Services refer to [www.dhhs.state.nh.us/dcbcs/bds/adult.htm](http://www.dhhs.state.nh.us/dcbcs/bds/adult.htm)
  - Other regions serve areas around the state
  - Region IV serves the Concord Area: Community Bridges [www.communitybridgesnh.org](http://www.communitybridgesnh.org)
- Individual Service Plan (ISP)
- Possible Support for Lifelong Learning and Community Participation
  - AXIS Self-Directed Coaching
    - For adults with a documented diagnosis of Asperger’s or high functioning autism
Coaching begins at age 16-18

- MAPPING and PATH Planning strategies
- One-on-one coaching to strengthen and develop the skills to:
  - Live independently
  - Interview for a job
  - Succeed in higher education

- Privately-funded agencies
  o LifeMAP (Life Management Assistance Program)
    - Goal: increase levels of independence
    - Especially for people with Asperger Syndrome/On the Spectrum
    - One-on-one support for:
      - Independent living & community skills
      - Pre-employment and employment skills
      - Personal growth
    - Hourly fee, not covered by insurance, possibly covered by VR
  o "Specific Planning Encourages Creative Solutions" (SPECS)
    - Series of workshops for parents and family members
    - Goal: Create a transition plan and support network for after high school
    - Presented by Facilitation Services and Professional Development
    - Offered in a variety of locations around the state
  o Family-Centered Transition Planning
    - Collaboration
      - UNH Institute On Disability
      - Strafford Learning Center
    - For high school students and their families
      - Age 16+
      - Autism Spectrum Disorder
    - Offered in Concord each fall for next 3 years
    - Participants receive the following:
      - Training sessions--families learn practical strategies
        - Person-centered planning
        - Networking
        - Utilizing adult service options & resources
        - Designing and working toward plan for future
      - Individual planning meetings with project planning facilitator
        - Held at convenience of student and family
        - To develop specific post-high-school goals
        - To develop implementation plan
    - Ongoing assistance from planning facilitator
      - Over 6 to 8 month period
      - Work on implementation
      - Explore careers or post-secondary education options
      - Arrange paid or unpaid work experiences
Alternatives for Enrichment and Pursuit of Interest Areas

- Community education classes at local high schools, such as:
  - Keyboarding, Scrapbooking, Gardening
  - Languages, Drawing, Quilt making
  - Computer Skills, Dancing, Photography

- Other noncredit classes offered in the community:
  - Nutrition and Fitness at local hospitals, for example: The Center for Health Promotion, Concord Hospital
  - Art at Community Art School, for example: Kimball-Jenkins Art School

Alternatives for Community Service

- AmeriCorps: [www.americorps.gov](http://www.americorps.gov)
  - Opportunities for adults of all ages
  - Receive training for specific projects
  - Serve for one year, make a difference
  - Some members receive living allowance
  - Help meet critical community needs
    - Teach computer skills
    - Clean parks & streams
    - Help communities respond to disasters
    - Tutor & mentor disadvantaged youth
    - Fight illiteracy
    - Improve health services
    - Build affordable housing
    - Manage or operate after-school programs
    - Build organizational capacity
  - Benefits of Service
    - Gain skills and experience
    - Satisfaction that comes from helping others
    - Segal AmeriCorps Education Award
      - Help pay for college
      - Help repay student loans
  - Three main programs:
    - AmeriCorps State & National
    - AmeriCorps VISTA (Volunteers in Service to America)
    - AmeriCorps NCCC (National Civilian Community Corps)

- Other Volunteer Opportunities
  - Learn new skills
  - Build your self-confidence as well as your resume
  - Explore a new career
  - Make a difference locally
    - Feed the hungry
    - Help children
    - Help homeless people
    - Clean the environment
o Some internet sites to find volunteer opportunities
  ▪ www.volunteernh.org
  ▪ www.volunteermatch.org
  ▪ www.volunteerguide.org
  ▪ www.americantowns.com/nh/concord
  ▪ www.redcross.org
  ▪ www.iparticipate.org
  ▪ www.liveunited.org/volunteer
  ▪ www.hud.gov/local/nh/homeless/volunteer.cfm
  ▪ www.nhfoodbank.org/volunteering.html
  ▪ www.idealist.org

Alternatives for Campus Community Participation
- Some campus activities are open to the public
  o Sports Events
  o Wings of Knowledge programs
  o Friday Night Film Series
  o Film Festival
  o Bistro
  o McAuliffe Shepard Discovery Center
  o See listings on our websites www.nhti.edu and www.ccsnh.edu

For more information refer to www.nhti.edu/learningcenter/lcdisabilitiesservices.html