

HEATH Resource Center at the National Youth Transitions Center Newsletter

National Clearinghouse on Postsecondary Education for Individuals with Disabilities
Fall Edition 2011



The HSC Foundation

HEATH Resource Center at the National Youth Transitions Center



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

Since 2000, the **HEATH Resource Center** has served as a national clearinghouse on postsecondary education for individuals with disabilities, managed by **The George Washington University Graduate School of Education and Human Resources**. Now, **The HSC Foundation** has partnered with the *George Washington University* to expand the content of this resource and to designate it as the official site of The HSC Foundation's **National Youth Transitions Center**.
<http://www.hscfoundation.org/aboutus/publications/NYTCbrochure.pdf>

WELCOME BACK! **Hints and Tips for Returning High School Students** **by: Dr. Susan King**

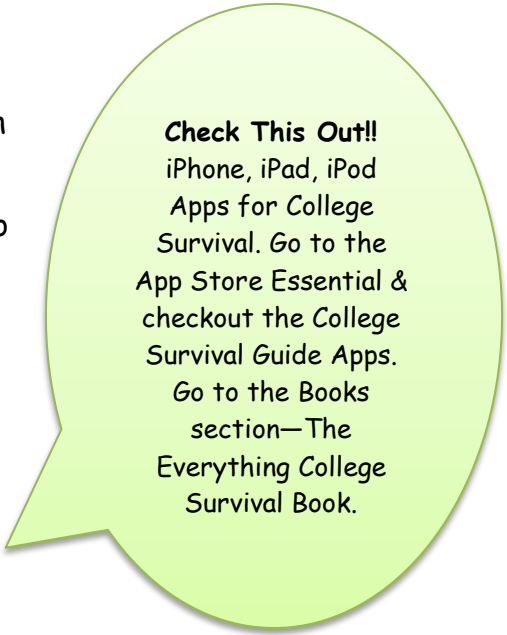
It is that time of year again - you have to begin to think about returning to school. If college is part of your future, you have to begin working towards your goal in ninth grade. All of your hard work and achievements in high school will facilitate your future. This article will provide helpful information whether you are just starting high school or graduating this academic year.

As the school year gets started, it is time to begin to think about your future. If college is part of your career and life plan, you need to focus and plan to succeed. Colleges and universities consider freshman year course selections,

grades, and activities. It is important to choose wisely. Your course selections in the first two years of high school may determine whether you will have the necessary prerequisite courses for advanced courses in your junior and senior years. Hopefully, you have discussed your course selections with your parents and guidance counselor and have registered accordingly. Your guidance counselor is an excellent resource and advocate for your future. Take time to get to know your counselor. Some schools assign students one counselor throughout their high school years, where as other schools change the counselor yearly or every two years. You may need help with your course selections, college selections and recommendations - remember the counselor is there to answer your questions and to help you make knowledgeable decisions about your future.

Tip #1: Get down to business!

It is never too late to be a good student! With a new academic year quickly approaching, it is time to plan to be **proactive**. If you have trouble in a class do not wait until the interim - seek help when you begin to have trouble. Most courses are designed to get progressively more challenging as the year progresses. So seeking help early may prevent future failure.



Check This Out!!
iPhone, iPad, iPod
Apps for College
Survival. Go to the
App Store Essential &
checkout the College
Survival Guide Apps.
Go to the Books
section—The
Everything College
Survival Book.

Tip #2: Get organized!

Use a planner! Select a planner that has a calendar and a space to write down assignments, appointments, and to-do lists. If you have a Smartphone, iPad, and/or iPod, you can easily use the calendar function to organize yourself (caution some schools do not allow students to have Smartphones and iPods out during the school day). If you are unable to use these devices, you will have to use a paper planner. You have to organize your "stuff" (books, locker, notebooks, and backpack). Since the school year is just beginning, you want to organize all your materials and books so you can quickly grab them from your locker or backpack. You may need to

develop a system for when you arrive home at the end of the day with all your books, handouts, and notebooks to complete your homework and study.

Tip #3: Get Active!

High school is an opportunity to figure out your interests and pursue athletic opportunities. Colleges are interested in finding students that are involved and committed. As you progress through high school, the number of clubs and activities should decrease because you are identifying your true interests and skills. Your involvement and commitment should increase resulting in less time to be involved in many different activities. Your goal should be to demonstrate your talent and leadership abilities in extracurricular activities. A note of caution: colleges look at your grades and courses first! Don't sacrifice academic success for extracurricular activities.

Tip #4: Get Ready!

It is never too early to begin your college quest. You can utilize the internet to find information about college majors, careers, college selection, and financial aid. The college admissions process takes time; there are several websites that can help you. Your first step in the process is to reflect upon yourself. You want to identify your academic strengths and weaknesses and your talents and abilities in order to begin your college admissions research. After you have reflected on your own skills, you can begin to investigate majors, colleges, and financial aid. Don't forget about your guidance counselor and parents; they are valuable sources of information. Listed below are some useful sites you may want to investigate.

College Board: <http://www.collegeboard.org/>

How to Choose a Major: http://www.ehow.com/how_1578_choose-major-college.html

SallieMae: Planning for College Destination:

<http://www.collegeanswer.com/index.jsp>

Inside the College Admissions Process October 10 - November 6, 2011

Also available as a self-paced course:

<http://www.nytimesknownow.com/index.php/inside-college-admissions/?qclid=CI201LD2vaoCFYHc4Aodq0U13A>

National Association for College Admission Counseling:

<http://www.nacacnet.org/Pages/default.aspx>



<http://www.princetonreview.com/>

7 Tools to Aid the College Admissions Process:

http://www.usnews.com/education/best-colleges/articles/2011/08/04/7-tools-to-aid-the-college-admissions-process?PageNr=2&s_cid=related-links:TOP

Tip #5: Get to Work!

Admission to colleges and universities has become more competitive. If you are a junior or senior, get moving! Colleges and universities spend the fall visiting with prospective students. Sign up for information sessions through the guidance department at your school. Attend sessions for the schools you are seriously considering. Make plans to visit the colleges on your list. Develop a tracking system for the application deadlines for the colleges you are interesting in applying. Prepare, register, and take the SAT or ACT. You may want to take the tests early in the event you feel you need to re-take the test. There will still be time to get your scores to the colleges on your list. Do not procrastinate writing the college essay. Write the essay early so you will have sufficient time to edit your work. Develop your list of teachers you will ask to write recommendations for you. The sooner you request the recommendation the more time the teachers and

counselor will have to complete them. Finally yet importantly, apply to the schools you have chosen.

In summary, stay organized, work hard, stay in contact with your guidance counselor, and make plans for your future. The college admissions process can be challenging, but if you seek help when necessary and stay focused, you will succeed.

About the author:

Dr. Susan King is an Educational Consultant and Part-Time Faculty at The George Washington University. She can be reached at sking4edu@aol.com.

Upcoming National Disability Campaign!!!

October is National Disability Awareness Month

Remember that October is the National Disability Employment Awareness Month (NDEAM)!! NDEAM is designed to raise awareness about disability employment issues as well as celebrate the hard work of individuals with disabilities. *Profit by Investing in Workers with Disabilities* is the theme for NDEAM, which promotes the valuable contributions people with disabilities make to America's workplaces and economy. The 2011 NDEAM posters are now available to [download](#) or [order](#). For more information visit [https://www.disability.gov/employment/news %26 events](https://www.disability.gov/employment/news_%26_events).

Transition Headliners!!

Diplomas Count 2011: Beyond High School, Before Baccalaureate

Education Week produced a publication entitled, "Diplomas Count 2011: Beyond High School, Before Baccalaureate" that examines looking at other options

besides bachelor's degrees for students. "College for all" movement has been a trend in this country and this report reconsiders other postsecondary options for students. It also includes graduation and drop out

rates for all 50 states and the District of Columbia.

<http://www.edweek.org/ew/toc/2011/06/09/index.html?intc=EW-DC11-EM>

Evidenced-Based Practices in Secondary Transition

The National Secondary Transition Technical Assistance Center has a list of "Evidenced-Based Practices in Secondary Transition." The practices range from Community Based Instruction to Teach, Self-Advocacy, and Self-Management. A great resource tool for any teacher!!

<http://nsttac.appstate.edu/content/evidence-based-practices-secondary-transition>

Family Information Guide to Assistive Technology & Transition Planning

The Family Center on Technology and Disability developed a "Family Information Guide to Assistive Technology & Transition Planning" that provides information on how to have a successful transition with assistive technology. Also, the guide highlights the laws on accommodations and transition in both settings: secondary and postsecondary. You can download the guide in a PDF format for free at http://www.fctd.info/show/fig_summary

Career One Stop Launches an Employability Checkup

The Career One Stop of the U.S. Department of Labor launched an Employability Checkup tool that summarizes a person's chance of obtaining a job in a particular career field. The person has to submit

information on their education and experience, desired income level, and preferred employment location. A profile is developed that allows a person to access resources such as job banks and job training their respective state.

http://www.careerinfonet.org/employabilitycheckup/emp_ask.asp?nodeid=15

National Center for Education Statistics released "High School Longitudinal Study of 2009: A First Look at Fall 2009 Ninth-Graders"

This report presents base year data on a new longitudinal study that incorporates a national representative cohort of ninth-graders in fall of 2009. Data will continue to be collected as the ninth-graders progress through postsecondary education and employment. What makes this report interesting is that it shares students' transitions into high school, highlighting their courses and plans for postsecondary education and employment.

<http://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2011327>

Toolkit for Vets

The National Career Development Association in their Career Convergence Magazine had an article that highlighted "A Toolkit for Vets" to assist veterans in transitioning into employment. The Veterans Career Transition Management System (VetCTMS) has several components such as the Veterans Career Transition Reference Manual, Telescript Platform, Daily Progress Sheets, and a Weekly Progress Summary. For more information, go to

http://associationdatabase.com/aws/N_CDA/pt/sd/news_article/46611/PARENT/layout_details_cc/true

Partners in Employment

The Minnesota Governor's Council on Developmental Disabilities Partners in Policymaking created an online learning course teaching youth about the world of work, finding a career, and marketing yourself.

http://www.partnersinpolicymaking.com/employment-ez/started_01.html

Conference and Webinar Opportunities!

September 16-19, 2011

**Arc National Convention: Achieving New Heights
Denver, Colorado**

The theme of The Arc's 2011 convention is "Achieving New Heights." Members of The Arc, chapter staff and volunteers, professionals and experts in the field, individuals with intellectual/developmental disabilities and their families, and others in the intellectual and developmental disability community will meet to spotlight best ideas and share best practices.

<http://www.thearc.org/page.aspx?pid=2865>

October 12-15, 2011

**DCDT 2011 "Taking the Future By the Horns"
Kansas City, Missouri**

"Taking the Future By the Horns," the

16th International Conference, sponsored by the Division on Career Development and Transition (DCDT), will be held in Kansas City, Missouri. The conference will run October 13-15, with a day of pre-conference workshops October 12, 2011.

<http://www.dcdt.org/>

October 16-19, 2011

**USBLN® Aligning Disability With The Bottom Line: Talent, Market Share, And Supplier Diversity
Louisville, Kentucky**

The 2011 US Business Leadership Network (USBLN®) Annual Conference & Expo will gather business executives, government, community, and industry leaders, experts from USBLN® and the Job Accommodation network (JAN), entrepreneurs with disabilities, and others interested in business and people with disabilities to network, learn how to enhance business development efforts, and expand internship and mentoring programs to include students with disabilities. Sessions will focus on how including people with disabilities improves the bottom line.

<http://www.usblnannualconference.org/registration.html>

October 16-18, 2011

**NASDSE's Annual Conference
Chicago, Illinois**

Conference information and registration forms have been posted for the National Association of State Directors of Special Education (NASDSE)'s annual conference, which will take place in Chicago October 16-18, on our website. Please go to www.nasdse.org and click on 'Events'

for conference information. If link does not work, copy the following into your browser <http://www.nasdse.org/>

**November 3, 2011
COSD 12th Annual National
Conference
"Exploring Disability-Inclusive
Diversity"
Hyatt Morristown, New Jersey**

Hosted by Career Opportunities for Students with Disabilities (COSD) for employers and college students with disabilities to meet and network with each other as well as provide information to college students about the employment world. For any questions, please contact Alan Muir, Executive Director of COSD at 865-974-7148.

<http://www.cosdonline.org/registration-information>

**November 3-4, 2011
State of the Art Conference on
Postsecondary Education and
Students with Intellectual Disabilities
Fairfax, VA**

Sponsored by SSCSID, George Mason University, and others, the 2011 State of the Art Conference on Postsecondary Education for Students with Intellectual Disabilities will provide an opportunity for colleges and universities, researchers, program staff, parents and self-advocates to discuss the current state of policies, research, and practice in the field.

<http://www.sscsid.org/>

**November 6-8, 2011
Public Education Network's National
Conference**

Washington, DC

Public Education Network's National Conference will take place November 6-8, 2011 in Washington, D.C. at the Fairmont Hotel. The conference theme is *New American Revolution: College and Career Readiness for All*. The opening plenary session will feature Dr. Vicki Phillips, Director of Education, College Ready, from the Bill & Melinda Gates Foundation, as well as other notable session speakers. The goals of the three-day conference are to (1) define the key pillars of college and career readiness issues; (2) focus on strategic program and other interventions to help ensure every child will be successful; and, (3) highlight practical applications of this work from across the country. To register and for additional information, please visit the web site at

<http://transaction.publiceducation.org/register/Register1.cfm>.

**Archived Webinar: Individualized
Learning Plan Webinar Recording &
Transcript Now Available (May 2011)**

The National Collaborative on Workforce and Disability/Youth (NCWD/Youth)/posted the recording and transcript from the May 12, 2011 webinar, "The Nature of Effective Individualized Learning Plans and Their Promise in Supporting College and Career Readiness." This webinar shared findings from an ongoing national study by the Center on Education and Work at University of Wisconsin-Madison, a NCWD/Youth partner, and sponsored by the U.S. Department of Labor's Office of Disability Employment Policy. The transcript describes the nature of individualized learning plans (ILPs),

highlights promising ILP implementation practices, identifies how ILPs serve as a bridge in supporting both college and career readiness outcomes, and describes empirical research results related to these efforts.

<http://www.uwex.edu/ics/stream/session.cfm?eid=52295&sid=52297>

Archived Video: Roundtable on Transition to Adulthood: Practice and Policy

The MacArthur Network on Transitions to Adulthood shared their research findings in the Future of Children's volume, "Transition to Adulthood". Roundtable discussions were held on June 21, 2011. The researchers & speakers presented on information regarding the current outlook on transition to adulthood and highlighted how the trajectory to independence in adulthood is lengthening due to the social, cultural, and economic circumstances in our country. Each session included an overview of research findings, presentations from leading practitioners, and discussion of the implications for federal policy.

<http://www.aypf.org/forumbriefs/2011/fb062111.htm>

**Money, Money, Money!
Who's Got the Money?**

Do Something: E-Waste Drive Campaign Scholarship

Do Something is partnering up with Best Buy

and ENERGY STAR to run an E-Waste Drive campaign. Collect e-waste, deliver it to your local Best Buy store, and fill out a report back form. DoSomething.org will be giving out \$10,000 to the winning team to be used as an educational scholarship or project grant. Never fear! We'll make sure to split the money evenly among all your team members.

What: \$10,000 to be used as an educational scholarship or a project grant.

How: Run an e-waste drive and fill out a report back

form: <http://www.dosomething.org/ewaste>.

When: You must report back by October 1st, 2011 to be eligible.

Judging Criteria

Entries will be judged based on the following criteria and percentages:

1. 40% Quantity of E-Waste Collected (by individual or team entrants);
2. 25% Impact on Community (written description(s) or depiction(s) of how your e-waste drive inspired and motivated peers/community and collaboration in recycling efforts and actions);
3. 25% E-Waste Drive Plan and Promotion (how you/your team creatively planned, advertised/promoted and carried out your e-waste drive); and
4. 10% Clarity and Organization of Entry (how clearly and logically did you/your team complete the Entry Form, story line for your e-waste drive and effectively support the story with photo depictions).

Eligibility Rules

- The applicant must be 25 OR UNDER.
- The applicant must be a U.S. citizen (You will be asked to prove citizenship and age if you win).

National Youth Leadership Council Invites Nominations for Alec Dickson Servant Leader Award

Presented annually by the National Youth Leadership Council, the Alec Dickson Servant Leader Award recognizes an individual whose life has had a distinctive impact on service-learning. The award honors recipients who personify leadership, courage, creativity, and compassion. The award will be presented at the National Service-Learning Conference in Minneapolis, Minnesota, April 11-14, 2012. The winner will receive reimbursement for conference travel and accommodation. Deadline for nominations: September 23, 2011.
<http://www.nylc.org/events/alec-dickson-servant-leader-award-nomination-0>

AIAA Foundation: Grants for Excellence in Math, Science, Technology and Engineering

American Institute of Aeronautics and Astronautics Foundation Classroom Grants encourage excellence in educating students about math, science, technology, and engineering. Eligibility: current AIAA Educator Associate or AIAA Professional members actively engaged as K-12 classroom educators. Maximum award: \$200. Deadline: rolling.
<http://www.aiaa.org/content.cfm?pageid=244>

Possibilities: A Financial Resource for Parents of Children and Youth with Disabilities

"Possibilities: A Financial Resource for Parents of Children with Disabilities," first published in 2004 by the National Endowment for Financial Education (NEFE) and PACER, updates this financial planning guide to an online format, and includes more content relevant to parenting transition-age youth with disabilities. The guide offers tips and information on many financial issues and concerns of families raising children with disabilities from infancy to young adulthood. Topics include organizing financial records, managing money, preparing income taxes, health insurance options, dealing with debt, saving for college, preparing youth for adult employment, etc.
<http://www.pacer.org/publications/possibilities/>

HEATH Resource Center Financial Aid Information 2009-2010

While education beyond high school in the United States is optional, it has become a necessary investment in future employment and life satisfaction for many people. Most, however, cannot afford to make this investment without some outside monetary assistance. Over the years, public and private sources of money have been developed specifically to meet this need. As increasing, but limited, amounts of money have become available, a standardized method of determining eligibility has evolved to promote equitable distribution of student financial aid.
www.heath.gwu.edu

Disability.Gov Grants & Funding in Education: Federal Student Aid Grant Programs

The federal government provides grant funds for students attending colleges, career schools and universities. Grants are not loans and do not have to be repaid. Information about scholarships is also available. Enter the word disability in the search to find scholarships that are specifically for students with disabilities, or you can just search for a field of study or major such as music, law enforcement, biology, social work, etc. For more information visit https://www.disability.gov/education/financial_aid_%26_scholarships/grants.

School Grants, College Scholarships, Financial Aid and More

This website provides essential information to obtain school grants to make education affordable. It highlights different types of grants, their sources and how to apply for them. It is designed to be user friendly for everyone. <http://www.schoolgrantsblog.com/>

2011-2012 Counselors & Mentors Handbook on Federal Student Aid

This [guide](#) has information on federal and non-federal student aid programs, how financial need is determined for students who may have expenses related to their disability, information for students with intellectual disabilities (page 9), the application process and tips for completing the Free Application for Federal Student Aid. For more information visit this link: http://www.disability.gov/education/financial_aid/loans

Disaboom Scholarship Directory

Disaboom recently launched a scholarship directory for students with disabilities, listing over 125 scholarships. <http://www.disaboom.com/scholarships>

Federal Student Aid Grant Program Fact Sheet

Disability.Gov has created a fact sheet that provides an overview of the major federal student aid grant programs. The federal government provides grant funds for students attending colleges, including career colleges and universities. Grants, unlike loans, do not have to be repaid. (A Spanish version is at: <http://tinyurl.com/yz2zheg>.) Available in pdf (1 page, 164 KB). <http://tinyurl.com/yfbe5tb>

NASFAA and Casey Family programs: Guide to Financial Aid Assistance to Students from Foster Care and Unaccompanied Homeless Youth

This guide provides information for those who help youth from foster care and unaccompanied homeless youth to secure financial aid for postsecondary education or training programs. It describes how to respond to new FAFSA questions 55-60 that will determine federal financial aid status for these students. A section on sensitive communications is also included. This guide will be useful for financial aid professionals, independent living coordinators, guidance counselors, financial aid counselors, social workers and advocates who are helping youth to

secure the maximum allowable financial aid.

www.casey.org/Resources/Publications/ProvidingEffectiveFinancialAid.htm

Do Something: Seed Grants

Do Something Seed Grants can aid project ideas and programs that are just getting started, to jump-start programs and realize ideas for the first time; or projects that are already developed and sustainable and moving toward the next steps of the project and organization as the project expands. Maximum award: \$500. Eligibility: U.S. or Canadian citizens aged 25 or under. Deadline: ongoing.

<http://www.dosomething.org/grants/faq>

Scholarships and Internships for Latino Students with Disabilities

The World Institute on Disability (WID) has a five-year grant to establish the National Technical Assistance Center for Latinos with Disabilities living in the United States, through Proyecto Vision. Proyecto Vision's website has a list of scholarship opportunities for college students who are Latino and who are living with disability.

<http://www.proyectovision.net/english/opportunities/scholarships.html>

The Washington Center Scholarship

The Washington Center Scholarship for Students with Disabilities funded by the AT&T Foundation and HSC Foundation, these awards provide housing assistance in varying amounts (up to a full housing scholarship) to competitively selected students who self-

identify as having a disability, as defined by the Americans with Disabilities Act (ADA). Priority consideration is given to undergraduate students; however, Postgraduate Program applicants may be considered.

<http://www.twc.edu/node/8142#disabilities-scholarships>

**Add to your Favorites!
(websites)**

Autism Speaks

Autism Speaks recently redesigned their website to provide information on autism, research, family services, and advocacy resources. Autism Speaks is the largest autism science and advocacy organization in the country.

<http://www.autismspeaks.org/>

AccessVA.Org

Disability.Gov recently highlighted a free service sponsored by the Virginia Housing Development Authority that helps Virginians with disabilities find an affordable, accessible place to live. Also has listings of apartments for rent and a map of Virginia Centers for Independent Living (CIL). For more information visit

<https://www.disability.gov/state/virginia/housing>.

Able Forces

The mission of Able Forces is to address the critical employment and training needs of our combat injured veterans of

OEF/OIF and all disabled veterans. They emphasize continuity of support and focus on providing employment opportunities and community-based job preparation training to the Nation's heroes suffering from Severe Physical Disabilities, Post Traumatic Stress Disorder (PTSD) and minor to profound Traumatic Brain Injury (TBI). <http://www.ableforces.org/>

Student Veterans of America

The mission of Student Veterans of America is to provide military veterans with the resources, support, and advocacy needed to succeed in higher education and following graduation. Their vision is that all veterans will succeed in higher education, achieve their academic goals, and gain meaningful employment. <http://www.studentveterans.org>

Acknowledgements: Our thanks to the National Center on Secondary Education and Transition E-News, which can be found at <http://www.ncset.org/enews>, Able Forces, Do Something, Disability.Gov, and School Grants Blog.com for sharing their resources.

Submissions: We welcome submissions from transition-related organizations and entities to post resources and information in our quarterly newsletter. Please email us at askheath@gwu.edu to include your submission in our next newsletter.