

## College Readiness Checklist for Inclusive Higher Education

College is a relatively new option for students with intellectual disability. With over 300 inclusive programs nationwide, college is now more available than ever before. Use this College Readiness Checklist to develop the skills and knowledge that you will need for college success!

### Academic and Work Skills

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- Take general education classes with your peers.
- Keep track of your schedule and assignments. Try using the calendar on your phone.
- Create a professionally sounding email account, and practice checking it daily.
- Get paid work experience while in high school.
- Know your strengths, preferences, interests, and needs.
- Talk to your IEP team about their recommendations for accommodations.
- Learn about yourself. What are your skills and talents? How do you learn best? What are your preferences? Take CTI's free [Get Ready for Your Career](#) online course to get started!

### Self-advocacy and Independent Living Skills

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- Lead your IEP meetings, and practice self-advocacy.
- Open a personal bank account, and learn how to use it.
- Practice community safety and awareness. Learn to cross streets and use the maps app on your phone to find your way around.
- Know where your personal documents are and how to keep them safe (Social Security card, passport, birth certificate, etc.).
- Get an Adult ID Card.
- Develop your independent living skills. Take CTI's free [Get Ready for Independent Living](#) online course to learn strategies for living independently.

## Planning and Research Skills

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- Connect with your state Vocational Rehabilitation agency to apply for services, and talk with your counselor about college.
- Research Inclusive Higher Education programs at [ThinkCollege.net](http://ThinkCollege.net). Consider location, program size, length of the program, cost and financial assistance, housing options, program outcomes, and academic and employment components.
- Talk with your family and support system about how to pay for college.
- Educate yourself about financial aid options, and apply for [FAFSA](http://FAFSA) ([studentaid.gov](http://studentaid.gov)).
- Visit the colleges that you are interested in.
- Talk to people you know who have gone to college, and ask for their advice.
- Identify the goals you wish to accomplish in college.
- Learn about college student expectations. Take CTI's free [Get Ready for College](#) online course.

## Conclusion

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College preparation, like any step after graduating high school, can feel overwhelming and confusing. It does not have to be if you work with your resources and learn what this transition looks like. This checklist is a great starting point for what comes next after high school and how to prepare yourself for finding the inclusive college program that is the right fit for you.