

# Courage to Succeed

- A college and transition support program for students with neurological differences



# Individualized Supports

Academic Support

Psychosocial Support

Independent Living Support

Career & Job Support



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# Academic Supports

- Support at both Reynolds and Brightpoint CC
- Course advising and registration
- Accommodations
- Weekly academic planning meetings
- Ongoing contact with college instructors
- Tutoring
- Study hall
- Organizational & study skills training



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# Independent Living Supports

Self-advocacy

Independent living skills group

Career exploration and planning

Summer internship program



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# Psychosocial Supports

- Social skills group
- Peer support group
- Weekly counseling
- Mindfulness
- Healthy Relationships group
- Current events group
- Campus clubs & activities



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# Summer Camp Series

- Independent Living Skills
- Workplace Readiness Skills
- High School to College Transition
- Social Activities



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# Summer Internship Program

Past internship opportunities included:

- Hilton Hotel
- One For All Artists
- Maymont Nature Center
- Making a Difference for You, Inc
- VDOT
- Various locations on the UMFS campus



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# Work Experience

Applying knowledge

Transferrable skills

- Soft skills vs. Hard skills

Workplace social skills



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# Why College?

Builds independence

Learn more about who they are

Creates opportunities to socialize



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# Be on the Look Out

May not used to the  
independence

Lack of structure

More intense coursework



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# Challenges

- Difficulty socializing
- Difficulty with self-advocacy
- Autonomy of college
- Increased anxiety and difficulty responding to it



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# Transitioning from High School to College

- An exciting major change in life!
- Let's talk strategies to make it a smooth and successful transition!



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## Effectively Managing Time with a College Schedule

Good thing about college, you pick your own schedule of classes!



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# Example Schedule



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Time	Monday Jan 13	Tuesday Jan 14	Wednesday Jan 15	Thursday Jan 16	Friday Jan 17	Saturday Jan 18	Sunday Jan 19
8:00AM							
9:00AM							
10:00AM							
11:00AM	HIS 267 - 01PR Lecture		HIS 267 - 01PR Lecture				
12:00PM	11:20AM - 12:45PM PRC-Burnette Hall 257		11:20AM - 12:45PM PRC-Burnette Hall 257				
1:00PM	ENG 242 - 01PR Lecture		ENG 242 - 01PR Lecture				
2:00PM	1:00PM - 2:25PM PRC-Burnette Hall 206		1:00PM - 2:25PM PRC-Burnette Hall 206				
3:00PM							
4:00PM							
5:00PM							
6:00PM							



## Effectively Managing Time with a College Schedule

Establish a daily schedule for yourself

- Google Calendar
- CANVAS

Prioritize your most important tasks

Be proactive with your supports



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# Prioritize Most Important Tasks

- In college, some assignments are worth more points than others
- Prioritize upcoming deadlines



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# Be Proactive With Your Supports

- Don't wait until there is a problem to meet with tutor, professor, or advisor
- Free tutoring at most colleges
- Office of Student Accommodations
- Courage to Succeed program



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# Applying for Accommodations

- New students should contact Office of Student Accommodations/Student Accessibility Services at least 3 weeks prior to the semester
- Request services on Reynolds/Brightpoint website
  - They will reach out to schedule an intake meeting
- Returning students, no need to reapply, but will need to request accommodations on their website each semester



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# Communicating with Professors

- Professional communication
- Office hours
- CANVAS
- Professional email communication
- Communication preference
- Disclosure of disability
- Professor Advocacy letter each semester



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# How to Email your Professor

**Email:** Per JSRCC policy, all faculty must communicate with their students using their college email accounts. Please develop a habit of checking your college accounts often, as I will communicate with you using **only** your JSRCC email addresses. Your email accounts became active when you were assigned a user name and password. Go to [My JSRCC Log-in](#) for access to your email account, Blackboard, etc.

**Emailing your instructor:** In any given semester I will be instructing between 90 and 150 students and as you can imagine that results in quite a few emails! To help me organize and respond faster, **please be sure to include the following information when email me:**

- (1) An appropriate salutation ("Dear Professor Watson", etc.)
- (2) Your first and last name
- (3) Your course and section number (example: 111-DL02)
- (4) Specific details on the assignment or subject in question
- (5) A proper closing (Sincerely, Best, Yours, etc.)

\*This information will help me respond to you in a more timely and efficient manner, as well as help build basic netiquette skills. Emails not containing this basic information will be deleted with no reply given or credit earned for any attached assignments!



All official communication between students and instructors must take place via your JSR email account. Because of academic privacy laws (FERPA), I cannot answer emails from non-JSR email accounts--please make it a priority to learn to use your JSR email account.



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## Disclosure to the College and Professors

- Ultimately it is your decision on what, if anything, you want to disclose to the college about your disability
- You can advocate your NEEDS, without stating your disability



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# Getting Involved with Student Life

- Office of Student Life
- Field trips, clubs & organizations, service projects, social events, intramural sports, & educational events



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# Student Life on Campus

## Student Life

Student Life
Upcoming Events
Student Life Centers
Student Groups
Reynolds Gym
Student Leadership
Student Government
Student Handbook
Lactation Room
Request Info

### Contact Us

[studentlife@reynolds.edu](mailto:studentlife@reynolds.edu)

### Parham Road Location

Georgiadis Hall Mezzanine

804-523-5983

### Downtown Location

Room 130

804-523-5082

The Office of Student Life is dedicated to providing involvement and leadership opportunities outside of the classroom that fosters student learning, growth, wellness, and belonging. We do this by crafting and promoting meaningful experiences and programs, advising student groups and their leaders, operating Student Life Centers and the Reynolds Gym, and collaborating with students and stakeholders to support Reynolds' academic mission.

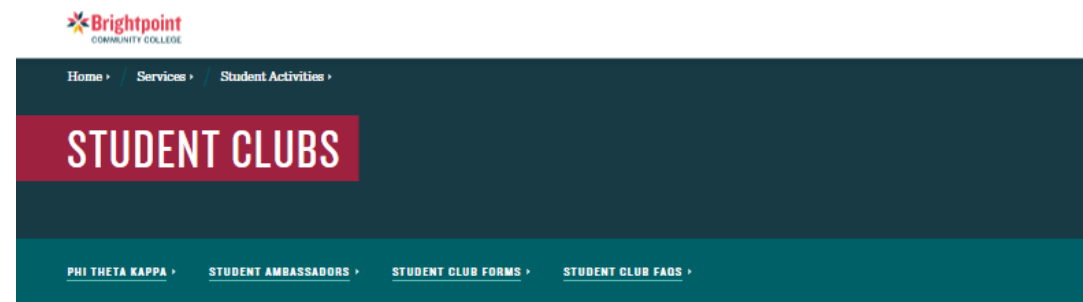
The Office of Student Life coordinates a variety of free or low-cost activities and events on and off campus. In addition, the office works with the student-led groups, coordinates the Student Leadership Challenge program, hosts the intramurals program, group fitness classes and other recreational activities and maintains the Student Life Centers.



### Student Groups



### Student Government Association



A great way to get involved at Brightpoint is by joining a club, interest group, or an intramural sports team! If you are interested in joining a club or organization, please feel free to email a club leader or sponsor. Check the weekly Student Activities newsletter for updated meeting times.

Want to start your own organization? Learn more about the process of starting a [new campus club](#).

### Student Clubs

#### Anime Club

Advisor: [Richard Hoerer](#)

Student Leader: [Alexis Nunez](#)

In the past, the Anime Club has attended Comicon conventions.

#### Art Club

Advisors: [Colin Ferguson](#) and [Paula Winn](#)

Student Leader: TBA

Provides students in the visual arts program as well as students, faculty, staff and the greater community exposure to the arts in all forms.

#### Gaming Club

Advisor: [Richard Hoerer](#)

Student Leader: [Aspen Beasley](#) and their email is [seb25916@email.vccs.edu](mailto:seb25916@email.vccs.edu).

Brings together gamers of all types to share their gaming hobbies and participate in gaming activities such as multilayer game sessions.

# Communicating with Fellow Students

- Look for people that are in a similar life stage
- This is a time to meet new people
- There are various areas on campus where people are more social
- It takes time. Be patient!



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Questions???



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# Contact Information

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  - (804) 929-0052
- <https://www.umfs.org/services/courage-to-succeed/>



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