

College 101

Transitioning to College with a Sleep Disorder

Regulations and Beyond

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Agenda

Legal Information

- Regulations
- Paperwork

General College Information

- College choice
- Academics
- Campus Life
- Medical Needs

Q & A

Investigating Colleges



- Choice of majors
- Interests or preferred activities
- School size/ class sizes
- Distance from home
- Familiar people on campus
- Commute or live on campus

What College is Best for Me?

2 Year- Advantages

- Finances
- Student support services often have more to offer (varies by college).
- Stay at home supports

On-line Classes

- Synchronous (in seat at exact time)
- Asynchronous (can follow your schedule/ sleep patterns)

4 Year- Advantages

- No transition required (if seeking a 4 year degree)
 - Routines, making friends, knowing the campus, learning to live on campus when academic difficulty steps up
- Classes that transfer might be a generic “fit” but there will still be gaps in core content knowledge

Documentation in Order?

- Are your school evaluations up to date? (developmental assessments, changing IEP to 504)
- Documentation from your physician (i.e needs a bottom bunk for C-PAP machine use/ seizure disorder/sleep walkers...)
- Keep copies of everything!



Federal Regulations (regardless of state)

From IDEA (Individuals with Disability Act) or 504 Subpart D
to ADA (American with Disabilities Act)

ADA

- Mandates equal access to “otherwise qualified” individuals with disabilities
- Major difference *success* (IDEA) versus *access* (ADA)
- Medical orders (recommendations/***reasonable***)
- *Access* depends on documentation
 - Accommodations
 - Self identifying
 - Self advocacy

Higher Education Act

- Regardless of college, to receive federal funding, schools must offer services for students with disabilities and/or medical needs
 - All colleges do not offer equal supports.
 - Look for ratio of personnel and student population
 - Ask around, get a sense of attitudes about people with medical needs/disabilities
 - Some admissions counselors will overly accentuate the positives and down play the negatives (**stretch the truth**).

Regulations

- Colleges will require documentation of disability
- **Regulations are there to protect you!**
- Identifying yourself as a student with a disability/ medical needs might help you in ways you don't think about:
 - i.e. accessibility
 - Classrooms/ dorm rooms- fire drills when elevators do not run
 - Technology (i.e. smart pens)
 - Schedule adjustments

“Crash and Burn Syndrome”

Avoid Help

- I wanted to do it myself.
- I thought I could do it myself.
- No one knows me here. It is a fresh start. I didn't want them to know I needed services.
- They have my paperwork. They should have known...

Take responsibility

- Sign up for services with the Office of Disabilities:
 - They are in place should you need them.
 - They offer you protection
 - They are not use them or loose them. Can be class specific.
- Close the loop!

Accommodations

Should provide

- Equal access

Can provide

- Course substitutions for non-essential content
- Adjustments to program can be considered but may not be possible
 - i.e. super senior

Cannot

- Cannot alter the academic program/ content
- Exempt assignments, tests
- Clinical assignments

Can refuse

- Provide accommodations very personal in nature (toileting)

But what about the laws!

- Laws do not waive requirements of a program
 - i.e. If math is required by a physics program, and you can't do math, math cannot be waived.
 - i.e. clinical assignments (student teaching, clinical experiences for nursing...)

Types of Accommodations

- Extended time
- Distraction free environment for tests
- Scribes
- Note takers
- Exams read aloud
- Sign language interpreter
- Calculators
- Assistive technology
- On campus mobility training/ orientation
- Visuals
- Large print
- Frequent breaks
- **There are no designated “wake up” calls....**

Typical Support Services on Campus

- Office of Disability Support/ Student Disability Services
- Study Groups
- Writing Centers
- Math Centers
- Peer tutoring
- Professors (office hours)
- Advisor
- Librarians
- Counseling Center
- Health Center
- Residence Life director (RA), floor monitors

Every place has its warts...

- Find out what they are
 - the ins and outs of professors.
 - Class schedules (i.e. 8:00 a.m. class? I'm not at my best...). Are there alternatives?
 - Why won't this work?
 - Need versus want
 - Reasonable versus best



Academics

Self Advocacy

- Each semester, meet with office of disability
- Privacy laws do not allow faculty/ staff to speak with parents (students over 18)
 - Expectation that you will function without direct parental involvement
 - written permission
- Feedback
 - Infrequent feedback- ask how you are doing.

Talk directly to your professors

- Each semester (even if you had them before.)
 - Paperwork only tells about accommodations, not your story. *Personalize it.*
 - Let them know what works and what doesn't. i.e. "I have a diagnosed sleep disorder and may fall asleep so I may need to get up and move around. Please do not take it personally. If you give out important information then I'll probably miss it. To help me, you can 1) give me written information 2) check for my understanding, or 3) walk over next to me before giving out the information."

Problem Solving

- Be part of the solution! I can't read the materials handed out in class in the time frame that you allow, and I feel behind if we start discussing and I haven't finished. Do you think I stop by early and pick a copy up? I want to be prepared to participate fully.
- Own your education!

Perceptions and Supports

- Sit in the “academic triangle”
- Surround yourself with strong academic peers
 - Group work
 - Perception
- Favors are like a bank account. You have to put in resources to take some out.
 - Don’t abuse your friends and colleagues
 - Work hard when you can so they support you at times of need.

Assistive Technology

- Live scribe pens
- Alternate reading levels
- Books on tape
- Text to speech

College classrooms are full of technology users
(iPads, smart phones, live scribe pens,
Chromebooks...)

Managing time is different

- Develop a *realistic* work plan
 - Plan study blocks into your schedule when you are typically most alert
 - Start with least favorite subjects first
 - Set daily priorities/ tasks
- Class doesn't meet every day
- Don't procrastinate/ stay ahead of deadlines when possible
(control what you can control)
- Workloads are different
 - Most are back loaded (most of the work due at the end of the semester).
 - Some grade heavily on few assignments

Go to Class

Reasons students give for not attending-

- I wasn't prepared
 - I didn't do the reading
 - I didn't do the assignment
 - I didn't do my portion of the group work

All bad reasons!

What could they have done?

- Catch up on reading later
- Ask for an extension
- Let group members know you are having difficulties

Purposeful Reading

- Don't read beginning to end/ left to right
- Look at the questions at the beginning and end of the chapter
- Look for the key important terms (are they in bold?)
- Use these to develop a chapter outline/ notes
 - Unless- professor gives you a study guide/ chapter outline

Rubrics

- Look at the expectations of the assignment. Use them as checklists.
- Pay attention to “weighting”
 - Don’t spend time (at the expense of working on other assignments) on assignments that do not count for much.

CONFIDENCE

- to be part of a team
- learning new skills
- learning more about sport
- being the winner of a game
- being coach's helper
- being trophy winner

CO-OPERATION

- work as part of a team
- co-operate with coach
- co-operate / compromise with others

SPORTSMANSHIP

- learning to be part of the team
- not to be angry or upset if not the winner

INDEPENDENCE

- leave parents & come to play
- accept that parent doesn't stay and watch
- practice alone
- join the group at waterbreak
- make up class in another lesson in now class

FLEXIBILITY

- do things others like
- change to accommodate
- realising you can't do what you want

PERSISTENCE

- practise / don't give up
- don't become angry / frustrated
- get a part right then move on

RESPONSIBILITY

- to attend lessons
- bring back trophy

LEADERSHIP

- stand in front of team
- to be leader / demonstrator
- award trophy
- be "on" in the game
- helping others

LIFE SKILLS

Yikes!

GOAL SETTING

- achieve things step-by-step
- complete a stage to win a certificate
- goal to be trophy winner

RESPECT

- respect for team mates
- respect for others belongings
- respect for those that win
- respect for coach's help and advice

SELF WORTH

- feel good about participating
- striving to meet a challenge
- feeling worthwhile
- feeling proud

POSITIVE RELATIONS

- learning to communicate and share
- respect for others feelings
- working with others
- making new friends
- feeling successful
- positive interactions
- having fun
- being expressive

DECISION MAKING

- choosing a team mate
- choosing a partner
- sports related decisions

COMMUNICATION

- communicate with coach
- communicate with those you don't know
- communicate with others in team

COURAGE

- getting involved with something new
- being captain / teacher in front of the team
- continue trying when skill can't be achieved
- not to be sad about not winning

Sleep strategies (or NOT!)

- Choice of Alarm clocks (i.e. Sonic Boom)
- Choice of Study areas (Is your library too quiet and too comfy?)
- Don't study where you sleep (Your body will get confused and it usually would prefer to sleep)
- Set alarms while studying so if you nod off, you will (hopefully) be awakened

Are you prepared for dorm living?

Life skills

- Money management/
budgeting
- Sharing spaces
- Laundry
- Nutrition (healthy
choices, snacks, light
cooking...)
- Managing activity time
- Read a map
- Self assertiveness/ saying
no
- Taking medications
- Waking yourself up
- Sensory issues
- Safety (Can you sleep
through a fire alarm?)
- Communicating with
roommates
 - In general
 - About your sleep disorder

Social Technological “time sucks”

- Track how much time you spend on social media (Facebook), Pinterest, Reddit, games, Google hangout, texting...
- Use airplane mode or do not disturb settings when you are working.

Spiraling Down

- I have to get this assignment done, it is overdue.
- I couldn't do it last night. I was too tired.
- I was tired because I'm out of meds.
- I'm out of meds because I had to skip going to the pharmacy since I needed to work on the assignment that was due tomorrow.
- No, I can't go to the pharmacy today. I need to work on the assignment! It's overdue!
- But I can't work on the assignment. I'm tired and I can't focus on it because I'm out of my meds...

Making Friends

- Stay off your phone during orientations
- Join a club (social and/or major related)
- Attend planned social events or activities



Social Emotional

- Emotional intelligence: your emotional well being, ability to handle stress, coping skills.
- Research shows connections between emotional intelligence and academic success.



Organizational Strategies

- OHIO (Only handle it once)
 - 2 minute rule- if you can do it in two minutes, just get it done (You will run out of “laters”)
 - Develop a schedule
 - Write in classes, put a box around them
 - Cross off sleep time
 - Draw a vertical line through tutoring, band practice, sports practice,
 - Circle free time- plan study time
 - Sticky notes work well
 - Plan more time than you think you’ll need
- * Remember to label who, what, where, when, why...

Summary of Key Points



- Keep copies of documentation in a secure place.
- Plan in place, just in case!
- Develop relationships.
- BE AN ADVOCATE FOR YOURSELF!

5 Things Never to Say to Your Professor

- Did I miss anything important in class?
- I just took your class cause I heard it is an easy A.
- I didn't know we had anything due.
- I was so busy doing the work for my other class that I didn't have time to do the work for this class.
- Did you answer my email yet?

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