

Let's Talk Learning Disabilities

EPISODE 19

In this Episode, Laurie and Abbey unpack some really great thoughts on getting ready for school in the new year. They talk about reviewing your accommodation plan, and being communicative with teachers ahead of time. Laurie & Abbey also discuss what it looks like for students to advocate for their own needs as they get older and even enter college.

Continuing an Existing Accommodation Plan (2 min)

If you, or your child have been actively receiving accommodations to support a learning disability in the previous semester, is there anything you should be doing to prepare for the coming year? Yes, absolutely. 2020 was a strange year for the whole world however, taking a step back to review what worked well and what may not have worked so well in the accommodation plan, could be a very helpful thing. Accommodations are set in place to level the playing field and to ensure that a student is able to reach their academic capacity, regardless of how they process or environment their learning in. A student can prepare greatly by understanding their diagnosis, and feeling confident in their reason behind asking for accommodations. Find the most recent copy of the accommodation plan, and share it with teachers, administration, counselors, all involved in the care of the student. Being on the same page to support the same person is ideal.

Getting Started with Support Services (7 min)

Support services for any type of learning disability may show up differently for different diagnosis and different individuals. If you or your student have been newly diagnosed with a learning disability, start the process to receive accommodations by opening up the channels of communication with teachers and administration. They have lots of children to see, and they are most busy when school is in session, so the best thing to do may be setting up an appointment at the school before school officially starts. Reach out now, instead of

prolonging the process. Be the student or the parent that keeps these lines of communication open, which will benefit everyone. If you have not yet received an official 504 or IEP, you can still help by providing the teacher with more information about the student. Over communication in this area cannot be a bad thing.

Entering College with a Learning Disability (17 min)

College and accommodations work a little differently when you enter that next level. Since you're technically an adult at 18, many colleges won't even address the parents for a meeting, requests, etc. Those things really need to be coming from the student. One thing a student can do to prepare for this new setting, is to locate disability services. Most campuses call it disability services, disability support, or student access services. Try to meet with someone before classes start, and talk about how your accommodation plan fits into this new setting. Another great way to set yourself up for success is to find a great spot to study, somewhere you'll be focused. Another great tip that Laurie and Abbey share, is to get your organizational systems in place ahead of time. If your syllabus lists 5 tests, mark them on your calendar and count backwards on the calendar to know how many weeks you'll have to get your study time in. If these type of organizational skills do not come naturally to your student, that is something very practical you could hire someone to help with, coming up with easy to follow systems to stay current with your course load. Lastly, make yourself known to your instructors. They have tons of students. Introduce yourself, let them know about the accommodations you need, and keep that line of communication open.

Resources

Contact info for the podcast: letstalklearningdisabilities@gmail.com

E-Diagnostic Learning Website: <https://ediagnosticlearning.com>

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