



I am Thinking about Going to College!

That's great! There are many options out there for continuing your education after high school. Some programs focus on academics and others focus more on vocational skills. Here are some resources to help you get started.

General Information about Education after High School

- **Virginia Department of Education** offers a [College Planning Resource Center](#).
- Each college will have a staff person or an office that supports the needs of students with disabilities (often called **Disability Support Services** or DSS). This is where you can get information and support as you prepare for college and as you attend classes.
- **Think College** provides information on colleges that provide [programs for individuals with disabilities](#).
- **Greater Richmond Aspirations College Program (GRASP)**, a non-profit organization that [assists students and families in obtaining funding for post-secondary education](#). This service is not geared specifically to students with disabilities. This service is offered at no cost to the family.
- **U.S. Department of Education** offers a guide entitled [Students with Disabilities Preparing for Postsecondary Education: Know Your Rights and Responsibilities](#). They also offer resources on [Adult Education](#).



Center on
transition
innovations

- **VCU Center on Transition Innovations** offers a wealth of information on many topics relevant to [individuals transitioning into adulthood](#).

- **Vocational Rehabilitation Services:** At times, Vocational Rehabilitation Agencies such as the [Department for Aging and Rehabilitative Services \(DARS\)](#) and [Department for Blind and Vision Impaired \(DBVI\)](#) may be able to assist students in getting needed accommodations and support. For more information, please contact them directly.

Information about Specific Programs for Individuals with Disabilities

- **Wilson Workforce and Rehabilitation Center** provides training for people with disabilities to assist them in obtaining employment and to live more independently. They have two programs, [Pre-employment Readiness and Education Program](#) (PREP) and [Postsecondary Education Rehabilitation Transition](#) (PERT), specifically for students transitioning from high school.
- **Virginia Rehabilitation Center for the Blind & Vision Impaired** collaborates with the University of Richmond to provide a two-week course called [STEPS to Success](#) (Strategies & Techniques for Enhancing Performance & Skills). This program introduces valuable skills, techniques, and strategies to help maximize success in preparing for college or a career.
- **George Mason University** has a program called [Learning into Future Environments](#) (LIFE) that offers a supportive academic university experience for individuals with ID and DD seeking a four-year curriculum.
- **Virginia Commonwealth University (VCU)** offers a program called [ACE-IT](#) in College, an inclusive, on-campus college experience for young adults with intellectual disabilities, traumatic brain injuries, or autism.
- **Northern Virginia Community College (NVCC)** has partnered with the national organization [College Steps](#) to provide individualized college support for students with social, communication or learning challenges.
- **J. Sargeant Reynolds Community College** offers a two-year vocational training program called [Program for Adults in Vocational Education](#) (PAVE).
- **United Methodist Family Services** offers a program called [Courage to Succeed](#). This program is specifically for individuals with autism and other neurological differences, including learning disabilities, ADHD and traumatic brain injury.