

# The Ultimate Systems Change Guide for Autistic College Students and Those with Other Neurodivergencies

College can be a challenging environment for everyone, but for autistic students and those with other neurodivergencies, it can be especially difficult. Autistic students may struggle with social interactions, executive functioning, and sensory processing, which can make it difficult to navigate the complex systems of higher education.



## Empowering Leadership: A Systems Change Guide for Autistic College Students and Those with Other

**Disabilities** by Jamie Sumner

★★★★★ 5 out of 5

Language : English  
File size : 416 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 142 pages



This guidebook is designed to help autistic college students and those with other neurodivergencies overcome these challenges and thrive in higher education. It provides essential strategies for navigating systems, advocating for your needs, and creating a supportive environment for success.

## **Chapter 1: Understanding Your Rights and Responsibilities**

The first step to advocating for your needs is to understand your rights and responsibilities as a college student. This chapter will provide an overview of the Americans with Disabilities Act (ADA) and other laws that protect the rights of students with disabilities, as well as information on your responsibilities as a student.

## **Chapter 2: Navigating Systems**

College campuses can be complex and confusing, especially for students who are new to the environment. This chapter will provide tips and strategies for navigating the different systems on campus, such as the registrar's office, financial aid office, and disability services office.

## **Chapter 3: Advocating for Your Needs**

It is important to be able to advocate for your needs as a college student. This chapter will provide tips and strategies for communicating your needs to professors, staff, and other students, as well as how to file a grievance if you feel your rights have been violated.

## **Chapter 4: Creating a Supportive Environment**

Creating a supportive environment for yourself is essential for success in college. This chapter will provide tips and strategies for creating a supportive living environment, as well as how to build a network of friends and mentors.

## **Chapter 5: Assistive Technology and Accommodations**

Assistive technology and accommodations can play a vital role in helping autistic college students and those with other neurodivergencies succeed in

higher education. This chapter will provide an overview of different types of assistive technology and accommodations, as well as how to get them.

## **Chapter 6: Campus Culture and Social Interactions**

Campus culture can be challenging for autistic students and those with other neurodivergencies. This chapter will provide tips and strategies for navigating social interactions on campus, as well as how to create a more inclusive campus environment.

College can be a challenging environment for autistic students and those with other neurodivergencies, but it is also a time of great opportunity. With the right strategies and support, you can overcome the challenges and thrive in higher education.

This guidebook is designed to help you succeed in college. It provides essential strategies for navigating systems, advocating for your needs, and creating a supportive environment for success.

With the help of this guidebook, you can achieve your academic goals and reach your full potential.

### **About the Author**

Emily Willingham, Ph.D., is a licensed psychologist and author who specializes in working with autistic children and adults. She is the author of several books, including *The New Social Skills Picture Book for High School and College Students with Autism* and *The Executive Skills Picture Book for High School and College Students with Autism*.

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