

## David's Tips to Conquer College

- Your differences are part of who you are as a unique individual!
- Struggles make you stronger
- Learn from your daily experiences and adjust
- Try...and grow!
- Remember your strengths and what you do well!

### Preparing for College

- Start advocating for your needs in high school: don't be ashamed!
- Choose a school that will support your academic needs
- Take a study skills class to learn techniques and increase confidence
- Consider a transition year commuting from home before moving on campus

### College Life

- Utilize the accommodations, resources, and services *immediately*
  - **Don't be embarrassed!**
- Get organized!
  - Use a written or electronic planner
  - If overwhelmed: write out a schedule and then **follow** it!
- Ask for help!
  - It's not a sign of weakness...it's **smart!**
  - Be the best "you" possible!

### David's Special Advice

- **Don't use your differences as an excuse or crutch to get out of work!**
  - Come up with a plan to work around your challenges
  - Communicate your needs to the people who can make them happen
- Don't shut out your parents and/or family just because you are "18" and "in college"!
- BALANCE between work and play is the KEY!

**To learn more about college preparation and transitioning, consider reading my book:  
*Expect a Miracle: Understanding and Living with Autism***

This book includes other young adult topics, including acclimating to the working world

See our website: [www.petro-autism.com](http://www.petro-autism.com)

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