



## Tips for students who are moving onto post-secondary institutions

The following is a checklist of issues that should be considered by each student prior to attending a post-secondary program. Each student should look at these items seriously before selecting a school, or beginning a program within a college or university. The student needs to be aware of their own strengths and needs, and realize that without strong and polite advocacy skills, no-one will be aware of what you need to succeed.

### Centre for Students with Disabilities

In making the decision to apply to a college or university, the student should contact the Centre for Students with Disabilities (CSD) personally.

- The student should go to the school and meet the staff at the CSD
- The student should identify their needs to the CSD's staff, and see that their needs will be addressed by the CSD.

#### Examples:

- walkers to classes in bad weather
- a room within the department where the student can write exams
- the opportunity to get a scribe or tutor in cases where it might be needed

### Residence

It is recommended that each first year student stay in residence for their first year of study.

- The student should ensure that they would have their own room, so that needed computer equipment could be stored comfortably.
- The student should ensure that they would be physically able to travel the distance from a particular residence to their classes.
- If a meal plan is part of the package, the student should ensure that they will be able to get food as needed.
- If the student is in a shared living unit, the student needs to be aware of the expectations of such a living arrangement (i.e. keeping the kitchen clean, preparing their own meals if so desired)

#### Questions to Think About:

- How do I describe my visual impairment to others?
- What limits or restrictions do I have?
- How do I describe the kinds of accommodations I require?

## ☐ Orientation and Mobility

The student needs to ensure that they will be able to get to desired locations on campus (i.e. classes, cafeterias, library etc.).

- The student may need to contact the CNIB in the community in which they are going to attend school, so that instruction can be given prior to the beginning of the academic school year (this may mean taking lessons in the summer prior to the beginning of school).
- The student should be aware of their travel procedure during winter weather ( For example: if there is a snow storm, how will you get to class?)

### **NOTE**

The above recommendations are not necessarily required of each student. It is the responsibility of the learner to identify their own needs, and see that they put themselves in the best position for future success.

## ☐ Academics

- The student needs to find out how early textbooks must be ordered (in their desired medium), in order to have them when classes begin.
- The student needs to find out how they go about ordering textbooks (the CSD can often provide assistance in this area).
- Some students find it beneficial to contact their instructors prior to the beginning of the course. They feel that by introducing themselves, and identifying potential needs to the instructor, it will make both of you feel more at ease.
- The student needs to find out how they are going to obtain visual information presented in class (i.e. will the instructor provide copies of overheads, can the information be given to you on a flash-drive etc.).
- On the first day of class, it might be helpful to again introduce yourself to the instructor (this way they can put a face to your name).

Many low vision or blind students, find it beneficial to sit in the front row of the class, so that the instructor can pass hard copies of material to you, or touch base during the lecture if a visual concept is missed by you.

## ☐ Colleges and Universities

The following is a list of colleges and universities that have been found to offer past visually impaired students a positive learning environment. Please note, that in suggesting the schools listed below, it is not our intent to imply that schools not on our list would not meet your needs.

### **Colleges:**

Mohawk  
Humber  
Fanshawe  
Conestoga

### **Universities:**

University of Guelph  
University of Ottawa  
Queens University  
Wilfrid Laurier University  
Trent University  
Western University

## References

[www.schoolfinder.com](http://www.schoolfinder.com) – information of colleges and universities

[www.career-college.com](http://www.career-college.com) – information on career colleges

[www.ouac.on.ca](http://www.ouac.on.ca) Ontario University Application Centre

[www.ontariocolleges.ca](http://www.ontariocolleges.ca) Ontario Colleges

## Scholarships and Financial Assistance

[www.scholarshipscanada.com](http://www.scholarshipscanada.com)

[www.canlearn.ca](http://www.canlearn.ca)

<https://osap.gov.on.ca> Ontario Student Assistance Program (OSAP)

## Job Opportunities

CanJobs [www.canjobs.com](http://www.canjobs.com)

Career Builder [www.careerbuilder.ca](http://www.careerbuilder.ca)

Career Click [www.working.canada.com](http://www.working.canada.com)

Career Cruising [www.careercruising.ca](http://www.careercruising.ca) (wross/otter)

Charity Village [www.charityvillage.com](http://www.charityvillage.com)

Eluta Job Search [www.eluta.ca](http://www.eluta.ca)

Indeed Job Search [www.indeed.ca](http://www.indeed.ca)

Job Boom [www.jobboom.ca](http://www.jobboom.ca)

Job Central [www.jobcentral.com](http://www.jobcentral.com)

Job Shark [www.jobshark.ca](http://www.jobshark.ca)

Linkedin [www.linkedin.com](http://www.linkedin.com)

Monster [www.monster.ca](http://www.monster.ca)

Oodle [www.oodle.com/job/](http://www.oodle.com/job/)

Simply Hired [www.simplyhired.ca](http://www.simplyhired.ca)

Workopolis [www.workopolis.ca](http://www.workopolis.ca)

Yahoo Hotjobs <http://ca.hotjobs.yahoo.com>

## Exit Information

### Have you met with a guidance counsellor to discuss your plan?

#### University

- Have you investigated university information sessions?
- Do you know what the requirements are for the university program you are interested in?

- Do you have a copy of your Ontario Student Transcript and Ontario Secondary School Diploma?
- Have you explored scholarship opportunities?
- Do you need financial assistance?
- Have you visited the application centre [www.ouac.on.ca](http://www.ouac.on.ca)?
- Have you visited your local Career Resource Centre to get information on part-time and/or summer employment opportunities?

### **College**

- Have you investigated college programs related to your area of interest?
- Have you attended any college information sessions?
- Do you have a copy of your Ontario Student Transcript and Ontario Secondary School Diploma?
- Have you explored scholarship opportunities?
- Do you need financial assistance?
- Have you visited [www.ontariocolleges.ca](http://www.ontariocolleges.ca)?
- Have you visited your local Career Resource Centre to get information on part-time and/or summer employment opportunities?

### **Work**

- Have you applied for the WORK EXPERIENCE PROGRAM to explore occupations related to your interests?
- Do you know which career area or occupation you would like to pursue?
- Do you have additional certifications that would assist you in gaining employment in your area/occupation of interest?
- Are you aware of workplace health and safety?
- Do you have a resume, cover letter and references available?
- Do you have a copy of your Ontario Student Transcript and Ontario Secondary School Diploma?
- Did you visit your local Career Resource Centre to check out local employment opportunities?