



College Navigator Remote Services During COVID-19



Regarding the needs that college students with ASD have, they experience:

- Gaps in their knowledge about the resources available to them as college students, especially now that they need to rely almost entirely on virtual resources
- Gaps in their self-advocacy and communication skills when it comes to accessing resources and support from school administrators and professors, which has become more difficult now that they have to communicate virtually
- Deficits in executive function that affect time management, planning, and task-completion especially now that they have a lot more distractions at home

College Navigation can help by:

- Providing information to students and their families about what to expect as college students, including their rights and the kinds of resources and supports that might be available to them, which is ever changing given today's circumstances
- Connecting students to resources and helping them develop their communication and self-advocacy skills, including facilitating conversation between the student and administrators or professors if need be whether done via video conference, phone or email
- Helping students to develop time-management and planning skills that they will need to be specifically successful in college, and generally successful in life
- Providing flexibility in terms of how Navigators meet with students, including virtual meetings due to new COVID-19 restrictions
- Helping students with accessing online databases (Blackboard, Moodle etc.)
- Assisting students with accessing campus resources which have moved online (professors office hours, tutoring, disability services etc.)
- Supporting students with getting accommodations back in place given their new educational virtual environment
- Helping students learn new ways to be social: connecting with friends, writing emails/discussion boards, interacting with peers/professors virtually
- Assisting with creating and establishing a new routine
- Support the students need to be more self-directed despite additional distractions at home