



Getting
to College

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**Summer Camp Itinerary Summary
March 2025**

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Cohort 1 (Underclass - Ages 14-16)

Date: July 8 - 10th, 2025

Hours:

- 9:00 a.m. - 12:00 noon (morning lecture),
- Lunch 12:00 - 1:00 p.m., and
- 1:00 - 4:00 p.m. (afternoon lectures)

Day 1 Summary: Exploration and Inspiration – College is for You, Too!

The first day introduces students to the possibilities of higher education, helping them connect their interests to future careers. Activities include a meet & greet, discussions on the benefits of college, and exercises to identify personal passions. Students learn about different educational paths, career development, and the financial impact of higher education. A guest speaker with a disability shares their journey to inspire and motivate students.

This session helps students see college as an achievable goal and understand how higher education can shape their future.

Day 2 Summary: Accessing Supports in Higher Education – Self-Advocacy & Accommodations

The second day focuses on understanding college support systems and developing self-advocacy skills. Students learn about their rights under the ADA and Section 504, the differences between high school and college accommodations, and college prerequisites. They practice self-advocacy strategies through role-playing exercises, such as attending meetings and communicating with disability services. A guest speaker, a college student with a disability, shares their experiences navigating higher education.

This session empowers students with the knowledge and skills to advocate for their needs and successfully transition to college.

Day 3 Summary: Campus Navigation & Independence – Turning Dreams into Reality

The final day prepares students to confidently navigate a college campus and plan their transition to higher education. They learn about key campus resources, accessibility, and safety while engaging in problem-solving activities and a scavenger hunt to locate important locations. Students also explore strategies for choosing the right college, setting goals, and balancing structure with flexibility. The day concludes with a final reflection and action plan, helping students outline their next steps toward college success.

This session emphasizes independence, self-navigation, and goal-setting to ensure students feel prepared for the next stage of their journey.

Cohort 2 (Upperclass - Ages 16-18)

Date: July 14 - 18th, 2025

Hours: 9:00 a.m. - 12:00 noon (morning lecture), lunch 12:00 - 1:00 p.m., and 1:00 - 5:00 p.m. (afternoon lectures)

Day 1 Summary: Understanding College Accommodations & Self-Advocacy

The first day, Students are introduced to college accommodations, disability rights, and self-advocacy skills essential for success in higher education. They learn the differences between IEPs, 504 Plans, and college accommodations, as well as the process for requesting support. Through role-playing exercises, students practice communicating with professors and Disability Services. The day concludes with a guest speaker, a college student with a disability, sharing their experiences and answering questions.

This session empowers students with knowledge and practical skills to advocate for themselves in a college setting.

Day 2 Activities Summary: Academic Skills & College Readiness

The second day students develop key academic skills, time management strategies, and social inclusion techniques to support their college success. They learn about digital tools for organization, explore effective study and note-taking methods, and understand how to access academic and mental health support. The session covers college prerequisites, syllabus interpretation, and strategies for managing coursework. Students also explore ways to build social connections through inclusive organizations and group activities. The day concludes with a guest speaker sharing their academic and social experiences in college.

This session equips students with practical strategies for academic success and social engagement in college.

Day 3 Activities Summary: Navigating College Life & Independence

The third day students focus on developing independence, navigating campus life, and building social connections for a successful college experience. They learn to locate key campus resources, manage daily routines like transportation and budgeting, and practice self-care and stress management. Activities also include networking strategies, effective communication with professors and classmates, and exploring inclusive student organizations. The day concludes with discussions on the long-term benefits of college and evaluating different schools to find the best fit.

This session prepares students to **confidently transition into college life** by equipping them with skills for **independence, social inclusion, and academic success**.

Day 4 Summary: Problem-Solving & Overcoming Barriers

The fourth day, students focus on tackling challenges in college, developing problem-solving skills, and exploring financial aid options. They learn how to craft a strong personal story for college applications and strategies for managing stress, advocating for accommodations, and coping with setbacks. Interactive scenarios help students navigate common college challenges like missed assignments and roommate conflicts. The day also covers scholarships, grants, and financial aid resources. A panel discussion with faculty and support staff provides firsthand insights into successfully navigating college life.

This session equips students with practical strategies to overcome obstacles, secure financial support, and confidently handle real-life college challenges.

Day 5 Activities Summary: College Transition Plan & Final Reflection

The fifth and final day focuses on finalizing a personal college success plan, practicing real-world college tasks, and reflecting on key takeaways. Students set academic, social, and self-care goals while identifying support networks and campus resources. A mock college day provides hands-on experience with essential tasks like emailing professors, finding tutors, and using assistive technology. The program concludes with a group discussion on the next steps, followed by a graduation ceremony where students receive certificates of completion.

This session helps students leave the program with a clear, personalized plan for success in college and beyond.

Cohort 3 (College Ready - Ages 18 - 24)

Dates: August 11-15th

Hours: 9:00 a.m. - 12:00 noon (morning lecture), lunch 12:00 - 1:00 p.m., and 1:00 - 6:00 p.m. (afternoon lectures). Evening events

Day 1 Activities Summary: Understanding College Accommodations & Self-Advocacy

The first day students are introduced to their rights, responsibilities, and self-advocacy skills for accessing college accommodations. The day includes an icebreaker, an overview of IEPs, 504 Plans, and college accommodations, and a step-by-step guide on requesting support. Role-playing exercises help students practice communicating with professors and Disability Services. The session concludes with a guest speaker sharing their college experiences and answering questions.

This session empowers students with the knowledge and confidence to advocate for themselves and navigate college support systems effectively.

Day 2 Activities Summary: Academic Skills & College Readiness

The second day students develop essential academic skills, time management strategies, and social inclusion techniques to support their college success. They learn about digital tools for organization, explore effective note-taking and study methods, and identify academic and mental health support resources. The session covers understanding graduation requirements, interpreting a college syllabus, and managing coursework. Students also explore ways to build social connections through inclusive organizations and group activities. The day concludes with a guest speaker sharing their academic and social experiences in college.

This session helps students build practical academic skills, develop independence, and prepare for a smooth transition to college.

Day 3 Activities Summary: Navigating College Life & Independence

The third day students focus on building independence, navigating campus life, and fostering social connections. They learn to locate key campus resources, manage daily routines like transportation and budgeting, and practice self-care strategies. Activities include stress management techniques, networking skills, and effective communication with professors and classmates. Students also explore the long-term benefits of higher education and compare colleges to find the best fit for their goals.

This session helps students develop the skills and confidence to live independently, navigate campus resources, and build meaningful social connections in college.

Day 4 Activities Summary: Problem-Solving & Overcoming Barriers

The fourth day students develop problem-solving skills, learn strategies for handling college challenges, and explore financial aid options. They practice advocating for accommodations, managing stress, and coping with setbacks. Interactive scenarios help them navigate real-life situations like missed assignments and roommate conflicts. The session also covers scholarships, grants, and financial aid resources. The day concludes with a panel discussion featuring faculty and support staff, providing insights on successfully navigating college life.

This session equips students with practical tools to overcome obstacles, access financial resources, and confidently manage college challenges.

Day 5 Activities Summary: College Transition Plan & Final Reflection

The fifth and final day students finalize their college success plans by setting academic, social, and self-care goals while identifying support networks and campus resources. They participate in a mock college day to practice essential tasks like emailing professors, finding tutors, and using assistive technology. The day concludes with a group reflection on key takeaways, strategies for staying on track, and preparing for the transition to college. A graduation ceremony celebrates their progress, with students receiving certificates of completion.

This session ensures students leave with a clear, personalized action plan for college success and the confidence to navigate their next steps.