

Post-Secondary Student Toolkit

Hints for Autistic students to help find the supports needed

*Please note: This is not an exhaustive list and not all tips may be right for you

Documents you may need



- Identification - driver's license, AB Health Care card, provincial ID, etc.
- Diagnosis letter
 - o Name
 - o Name of the professional who diagnosed
 - o Date of diagnosis
 - o Name of diagnosis
 - o If in progress, the predicted outcome and/or what the person is being assessed for
- Other supporting documents - explanation of accommodations required, etc.

Steps to take



- Connect with Accessibility Services at your post-secondary institution
- Email your instructors to introduce yourself. (It is a personal choice whether or not to disclose your diagnosis.)
- Ask if a tour ahead of classes starting/orientation is possible
- Ask to receive syllabus and class outlines ahead of classes starting (how far ahead will vary from person to person)
- Go through the syllabus and add all the due dates to your calendar
- Get connected with a peer mentor in your program that can help you navigate classes and more
- Look into what resources your post-secondary institution offers such as - writing support, academic counselling, counsellors and more (this can usually be done through connecting with Student Services)