

## Program Staff

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## Donations



Please help us increase our services for college students across the nation who would benefit from the services provided by our program. We are funded entirely by fees charged to students and generous donations from the public. If you are interested in contributing to the UA-ACTS program, please contact the program at 205-348-9133 for more information on how to make a tax deductible donation.

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The ASD Clinic is part of The University of  
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## College Resources

### Written for Students with ASD:

*Succeeding in College with Asperger Syndrome*  
by John Harpur, Maria Lawlor,  
& Michael Fitzgerald (Kinsley, 2003)

*Aquamarine Blue 5: Personal Stories of College  
Student with Autism*  
by Dawn Prince-Hughes

*Going to College*  
*A resource for teen's with disabilities*  
<http://www.going-to-college.org>

### Written for Parents/Professionals:

*Realizing the College Dream with Autism or  
Asperger Syndrome: A Parent's Guide  
to Student Success*  
Ann Palmer (Kingsley, 2005)

*Life Journey Through Autism:*  
*A Guide for Transition to Adulthood*  
[www.researchautism.org/resources/reading](http://www.researchautism.org/resources/reading)

*Students with Asperger Syndrome:*  
*A Guide for College Personnel*  
Lorraine Wolf, Jane Thierfeld Brown & Ruth Bork  
(Autism Asperger Publishing Company, 2009)

### Other resources:

*American Association on Health and Disability*  
<http://www.aahd.us>

*Organization for Autism Research*  
<http://www.researchautism.org>

*Schwallie Family Scholarship Program*  
[http://www.researchautism.org/how-we-help/  
scholarships/](http://www.researchautism.org/how-we-help/scholarships/)

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## College Transition & Support Program UA-ACTS



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# Mission Statement



*To facilitate a campus environment that promotes an enjoyable and successful college experience for students with ASD in preparation for their future endeavors.*

## About UA-ACTS

The UA-ACTS program, operated through The University of Alabama Autism Spectrum Disorders Clinic, provides individualized services to help students develop appropriate skills for self-advocacy, academics, daily living, and social interactions that will contribute to their success as independent adults. UA-ACTS provides support for the transition into a traditional university campus and toward achieving goals for the future.

## UA-ACTS Services

### Individual Weekly Meetings

- 2-3 weekly meetings with a therapist-mentor focused on **academics, social skills, daily living, and counseling services.**

### Social Activities and Study Hall

- Ten structured social activities per semester and students are required to attend 5.
- 40 hours of study hall per semester.

### Professor Feedback

- Feedback requested from each professor on a monthly basis.

### Self-Advocacy

- Assistance in meeting and communicating with professors, psychiatrists, Writing Center tutors, and Disability Services personnel in order to gain access to needed support services.

## UA-ACTS Services *continued*

### Academics

- Sessions focusing on academics, including organization and planning of study time, using classroom attendance efficiently, prioritizing of assignments, preparation for exams, etc.
- Regular communication with instructors, including monthly progress reports and individual meetings as needed regarding student strengths and weaknesses in the classroom.
- Guidance to help students become self-advocates to ensure academic success, including requesting appropriate accommodations from ODS and using campus services, such as the Writing Center and Center for Academic Success.

### Social and Daily Living Skills

- Sessions focusing on the social aspects of college life, including interacting with instructors and classmates, roommates, dating, etc.
- Regular communication with parents/caregivers regarding their student's progress and relevant concerns, including monthly update letters.
- Weekly "check ins" for daily living skills, including meeting in the dorm room and checking for cleanliness, etc.
- Assisting students with the skills needed to find jobs after college (e.g., finding work-related experiences while in college, interview skills, accessing campus resources related to job-finding).
- Contact with residential life personnel, including RAs, dorm director, etc. to give information about ASD, provide support and education, and obtain information about needs in the dorm setting.
- A representative from the program is on call in case of an emergency. This number is available to only parents and students.

### Emotional & Psychological Well-Being

- Provision of counseling services as needed to identify appropriate coping strategies to manage symptoms of anxiety and/or depression.
- Consultation with psychiatrists on campus for students and families who would prefer that psychiatric medications be managed locally.

## Admissions Information

### Eligibility

- A documented diagnosis of high-functioning autism or Asperger's syndrome (*See website for documentation requirements*)
- Must meet admissions requirements and be admitted to UA on student's own merit

### Application

- Complete application (*Consult website for application deadlines. Student admissions are limited and are based on student and program match*)
- Have the teacher recommendation form (see application packet) completed by an individual familiar with the student in an academic setting
- Complete an in-person interview with the student and caregiver(s)
- Provide documentation and records regarding treatment and academics

## Campus Education and Outreach

The UA-ACTS program seeks to promote awareness and understanding of ASD throughout the campus community through education, training, and collaborations with University programs, faculty, staff, and students.

## Program Efficacy Research

In order to provide effective clinical services, UA-ACTS conducts program evaluation research to document program effectiveness, to contribute to the existing research literature, and to improve our overall understanding of ASD in the college environment.