

## **Florida Tech**

### **Survival Skills for the Learning Disabled Student**

If you know that you have a learning disability and have documentation, talk with your instructors before the semester begins. If you think that you may have a learning disability, but you aren't sure, contact a staff member at the Academic Support Center or at CAPS.

- Set realistic goals and priorities for course work.
- Be prepared to request “reasonable accommodations” in your course work so you can learn and demonstrate your knowledge of the course material. This is your right under Section 504 of the Rehabilitation Act of 1973, which prohibits discrimination on the basis of a disability.
- Become knowledgeable and comfortable about describing your disability so you can advocate for yourself with your faculty.
- Keep only one calendar with all relevant dates, assignments and appointments. Do not try to keep a schedule in your head.
- Sit toward the front of the classroom to maximize your contact and to reduce distractions.
- Consider using a tape recorder during lectures.
- Attend classes and utilize the Academic Support Center for tutoring.
- Listen to the tape or review your written notes as soon as possible after class to refresh your memory and to fill any gaps.
- Estimate how long a given class assignment will take, generally planning on two hours outside of class for every hour in class. Build in study breaks. Fatigue impairs our learning ability.
- If you learn better by listening to others and discussing what you have learned, start a study group.
- Make notes of any questions you might have so that they can be answered before the next exam.
- If you are having trouble or feel overwhelmed, talk with the professor **immediately** and keep your advisor informed. It is critical that you link-up with campus support systems before you fall behind in your work.
- Consider redoing your academic credit load to 12-13 vs. 17-19 credits.
- Be aware of academic deadlines such as “Last Day to Withdraw from a Class”.

Contact **CAPS** at ext. 8050 or visit website at [www.fit.edu/caps/](http://www.fit.edu/caps/) for additional academic success tips.