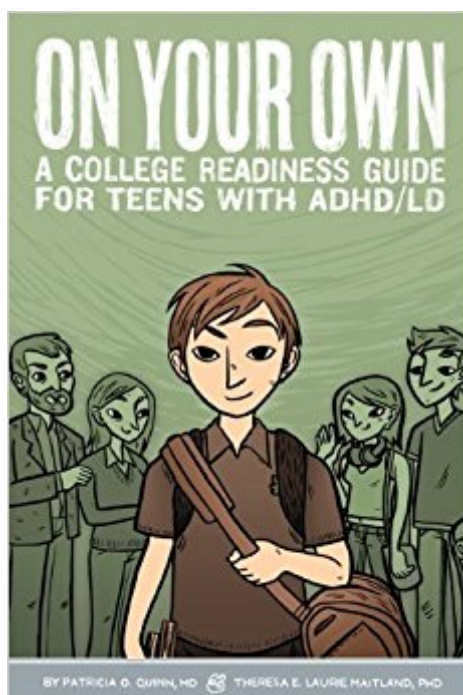


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# On Your Own: A College Readiness Guide For Teens With ADHD/LD



## Synopsis

Preparing to live on your own at college can be difficult and scary--especially for teens with ADHD or LD. *On Your Own* provides a wealth of college readiness skills and teaches college-bound teens how to acquire these skills in a clear, easy-to-understand way. *On Your Own* explains facts about college life, differences between high school and college, how to use high school to get ready, and how to make a plan and set goals to ready one self--teen readers will find a short set of surveys to rate themselves on a variety of skill areas needed for success in college, including problem solving/decision making, communication, self-awareness, daily living, and study habits. Chapters in the book cover strategies and teaching tools to build those important skills--essential for life at college and beyond. Teens can choose to work on one or two problem areas in individual chapters, or to use the book as a whole to develop lifelong skills and problem solving techniques, making *On Your Own* an essential resource for any teen with ADHD or LD getting ready to live at college.

## Book Information

Paperback: 128 pages

Publisher: Magination Pr; 1 edition (May 15, 2011)

Language: English

ISBN-10: 1433809559

ISBN-13: 978-1433809552

Product Dimensions: 0.2 x 5.5 x 8.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 3 customer reviews

Best Sellers Rank: #297,447 in Books (See Top 100 in Books) #18 in [Books > Teens >](#)

[Education & Reference > Study Aids > College Guides](#) #66 in [Books > Teens > Education &](#)

[Reference > Reference](#) #199 in [Books > Education & Teaching > Higher & Continuing Education > College Guides](#)

## Customer Reviews

Patricia O. Quinn, MD, is a pediatrician in Washington, D.C. and is the director of the National Center for Girls and Women with ADHD. She is the author of *Putting on the Brakes* (2nd Edition, APA Books) and other books on ADD/ADHD.

I purchased this book for my 19-yr old daughter. She was diagnosed with A.D.D. at age 8 and has been on medication ever since. Despite graduating with honors and being a bright kid, she was

overwhelmed and unprepared for the year she spent at a 4-yr college last year, 3 hours away. We had no idea how isolated she was until near the end of the year. She has been in counseling and trying to figure out next steps since May and I happened upon this book about a month ago. I so wish we had found it 2 years ago! She is planning to take a couple classes at our community college in January, so, better late than never. It is easy to read and has some very practical step-by-step suggestions. It discusses the differences between high school and college and lets the student know what to expect, in very practical terms (for example, no one will be there to make sure you take your meds, so you need to find a way to make sure that you do). It has a fairly thorough checklist to help the student understand where her strengths and weaknesses are, create an action plan to work on improving them with specific strategies, track progress, and evaluate and modify that plan as needed. I can tell that she will be revisiting several sections from time to time. The book also mentions a companion book designed for parents (*Ready for Take Off: Preparing Your Teen with ADHD or LD for College*), which I also plan to buy and read. The only reason I didn't give it a rating of 5 is because I have not read any other books yet on ADD adjustment after high school, so I have little to compare it to so far. I have two other books on my list about managing ADD as an adult, but knew this book should be the first one we both read. We both had numerous "aha" moments while reading this book and I suspect other students and parents will as well. In my opinion, it's a must read for any ADD, ADHD, or LD student who plans to attend college.

This book is an invaluable asset for teens considering--and applying to college. Specifically targeted to teens with ADHD and/or LD, the text also easily applies to other disabilities. This is because the college student with disabilities must be on 'their own' in the post-secondary environment. Independence is a radical departure for all entering freshman. But especially for former special education students, whose curriculum (and lives) were previously very closely regulated by a close combination of school/parental oversight. It terminated the moment they obtained a high school diploma. Having to independently discover and seek out disability accommodations can get daunting for a new college student, also having to think about their way around a campus, and the larger college community. But it can be done once students understand what rules now cover them and how to utilize the policies. Because increasing numbers of special education programs across the country are now implementing transition programs for students who are capable of completing post-secondary education, this book is directly written towards the prospective college students themselves. It explains how college differs from high school and how to successfully accommodate disabilities at college in clear, easy to follow along text. It's definitely something which they will need

to pack as they head off to the infamous freshman dorm.

Very useful ideas

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