



## **RESOURCES FROM STAIRWAY TO STEM**

(<https://www.stairwaytostem.org>)

Stairway to STEM is an organization, based in the United States, that provides resources to autistic students, their families, and tertiary instructors. The goal of Stairway to STEM is to improve awareness of academic STEM (science, technology, engineering, and math) programs and STEM careers. Stairway to STEM supports students as they transition to university and then to the world of work.

### **a. The Danger of Pursuing Independence as a Goal for Autistic Young Adults**

Are you a parent/ guardian of an autistic student who is attending or plans to attend university? If so, read the following about how you can help your student successfully transition from secondary to tertiary school. Commencing university is an exciting time but can also be very overwhelming. Students experience greater freedom and independence with their time. It is important to prepare your student for university life. However, once your student is on campus, they will continue to need support. No one, including neurotypicals, is fully independent. Trying to attain full independence is mentally exhausting. Part of being at university is learning how to ask for help. Rather than telling your student they need to be completely independent at university, encourage them to be interdependent. Knowing when and how to ask for help/ support is a skill that will improve your student's experience at university.

To learn more about the above, click this link:

<https://www.stairwaytostem.org/families/interdependence-pillar/>

### **b. The Academic World**

Are you a parent/ guardian of an autistic student who is attending or plans to attend university in the United States? If so, read the following about a student going to university and the process they must go through to receive reasonable adjustments and accommodations. There are steps to take to ensure your student receives the support they are entitled to, so they can fully benefit from their education.

To learn more about the above, click this link:

<https://www.stairwaytostem.org/families/the-academic-world/>