



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. Mental, Physical, and Emotional Well-being

Are you attending university or plan to? If so, read the following information about commencing study at university! Starting university is very exciting, but it is also an understandably overwhelming time in your life. You will have new experiences, meet new people, and have more freedom and independence with your time. It takes all new students time to figure out how to navigate university life, which is very normal and to be expected! There are some things you should do before classes begin to make sure you receive the proper accommodations and support that you are entitled to, so you can fully benefit from your education. University is about your studies, however making friends and trying new things/activities are also important.

Another aspect of university that is different from high school is you will have more freedom. Classes are not as structured as they are in high school. Reach out to the student support unit or accessibility unit to find out about time management or study skills workshops.

It is also very important to take care of your physical and mental health. Exercising and eating right are essential to feeling your best. If you are struggling with a personal issue, you should seek out the counseling services center at your university.

Once you are adjusted to university life, you should visit the career services center to discuss with someone your interests and career opportunities.

To learn more about what is mentioned above, click this link:
<https://www.stairwaytostem.org/students/mental-physical-and-emotional-well-being/>

b. Autism and Socializing

Are you attending university or plan to? If so, read the following information about commencing study at university! One of the best parts of university is meeting new people. While this may be challenging, building relationships is a central part of the university experience. However, it is important to be yourself when meeting new people. "Masking" traits by doing things such as forcing eye contact, giving handshakes, or suppressing stimming, etc., may not be good for your mental health and can lead to anxiety, depression, loneliness, and stress. It is important to understand your own needs, be aware of them and how to advocate for them.

To learn more about how to communicate your needs and tips to making friends, click this link:

<https://www.stairwaytostem.org/students/autism-and-socializing/>

c. Institutions of Higher Learning and their Resources - Your Mileage WILL Vary

Are you attending university in the United States or plan to? If so, read the following information about commencing study at university in the United States. There are many things to consider when deciding what university to attend. Some things to think about include: your interests, type of school (public vs. private), location of school (urban vs. rural), size, competitiveness, graduation rate, rankings, accessibility services, and financial considerations (tuition, financial aid, etc.). These are all important considerations when choosing a university you can thrive at.

You should be knowledgeable about the legislation in the United States that entitles you to reasonable adjustments and accommodations in your education. It is important to take advantage of the support offered to you so you can fully benefit from your education. It can help make your transition to university easier and improve your overall experience.

To learn more about the above, click this link:

<https://www.stairwaytostem.org/students/understanding-and-using-resources/>