

T. Scott Smith Consulting

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Supporting Executive Functioning and Independent Living Skills

Educational Brochure for Parents

Overview

Executive functioning and independent living skills are critical factors in college success for students with autism. These skills include planning, organization, time management, emotional regulation, and the ability to manage daily responsibilities. Challenges in these areas can affect academic performance, housing stability, and overall well-being.

Parents can play a supportive role by helping students develop systems and routines that promote independence. Rather than completing tasks for the student, the goal is to strengthen skill development that supports long-term academic, vocational, and independent living success.

Key Skill Areas That Impact College Success

- Time management and scheduling
- Organization of assignments and materials
- Initiation and completion of tasks
- Emotional regulation and stress tolerance
- Daily living skills such as hygiene, meals, and transportation

Parent Support Checklist

- ✓ Help your student develop consistent daily and weekly routines
- ✓ Encourage use of planners, calendars, and digital reminders
- ✓ Break large tasks into smaller, manageable steps
- ✓ Support problem-solving when routines break down
- ✓ Encourage independent management of daily living responsibilities

Recommendations for Parents

Parents are encouraged to focus on skill-building rather than task completion. Providing structure, modeling strategies, and gradually reducing support helps students gain confidence and independence. When executive functioning challenges significantly interfere with academic or vocational progress, collaboration with campus support or vocational rehabilitation services may be beneficial.

For More Information

For individualized guidance, transition planning, or vocational rehabilitation services related to college students with autism, please contact:

Dr. T. Scott Smith

Vocational Rehabilitation Counselor

collegeandautism.com

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