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Navigating College with Autism: Tools for Academic Success

Educational Brochure for College Students

Overview

College can be an exciting and challenging experience for students with autism. Academic expectations are often different from high school and require increased independence, self-management, and communication. Understanding how to use support and develop effective strategies can make college more manageable and successful.

This brochure provides practical guidance to help you navigate academic demands, communicate effectively, and use available resources to support your learning and long-term goals.

Key Skills for Academic Success

- Managing time and keeping track of assignments
- Organizing coursework, materials, and schedules
- Communicating with professors and campus staff
- Managing sensory needs in classroom and study environments
- Using accommodations and academic supports effectively

Student Success Checklist

- ✓ Register with the disability services office early
- ✓ Use a planner or digital calendar consistently
- ✓ Attend class regularly and review syllabi carefully
- ✓ Ask for clarification when instructions are unclear
- ✓ Identify quiet or supportive study spaces on campus

Recommendations for Students

Developing routines and using available supports can reduce stress and improve academic performance. It is important to ask for help early and communicate your needs clearly. Building these skills during college will also support success in future employment and independent living.

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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