

THE MORE YOU KNOW



AUTISM SERVICES



Practical tools  
for confidence,  
independence  
and success.

# STARTING COLLEGE

A Practical Transition Workbook



SUPPORT



CONFIDENCE



INDEPENDENCE



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and ways we can  
support you.



We're here to  
support you,  
every step of  
the way.



EMPOWER



EDUCATE



EMBRACE

www.themoreyou  
knowautism.co.uk

# WE'RE GLAD YOU'RE HERE

Starting college is a significant step, and it's completely normal to have lots of different thoughts and feelings about what comes next.

You might be excited, curious, nervous, confident, uncertain, or a mixture of all of those things.

Whatever you're feeling right now is okay.

This workbook has been created to help you prepare for college in a way that feels practical, supportive and relevant to you.

“ You don't need to have everything figured out before you begin. ”



## WHO IS THIS WORKBOOK FOR?

This workbook is designed for autistic young people who are preparing to start college.

It may also be helpful for:

- ✓ Young people who are waiting for an autism assessment
- ✓ Young people who are exploring whether autistic experiences feel relevant to them
- ✓ Parents, carers and family members supporting a young person as they prepare to start college
- ✓ Professionals supporting autistic young people with the transition to college



## WHAT IS THE AIM OF THIS WORKBOOK?

The aim of this workbook is to help you:

- ✓ Prepare for the transition to college
- ✓ Understand your strengths and support needs
- ✓ Build confidence and self-awareness
- ✓ Explore practical strategies that work for you
- ✓ Feel more informed and prepared for the changes ahead

This workbook is not about changing who you are. It is about helping you understand yourself, identify what works for you, and build a college experience that supports your wellbeing, learning and goals.



## A FINAL THOUGHT BEFORE YOU BEGIN

- ♥ You do not need to have everything figured out.
- ♥ You do not need to be perfect.
- ♥ You do not need to face this journey alone.

Take things one step at a time, be kind to yourself, and remember that support is available when you need it.



College is a new chapter, not a test.  
We believe in you.



## HOW CAN I USE THIS WORKBOOK?

There is no right or wrong way to complete this workbook. You can:

- ✓ Work through it from beginning to end
- ✓ Complete one page at a time
- ✓ Skip sections that do not feel relevant
- ✓ Return to activities whenever you need them
- ✓ Write, draw, make notes or complete activities in your own way



This workbook belongs to you.  
Use it in whatever way feels most helpful.



## ABOUT THE MORE YOU KNOW AUTISM SERVICES

The More You Know Autism Services provides autism assessments, education, training, resources and support for children, young people, adults, families and professionals.

Everything we create is guided by our core values:



### EMPOWER

Helping people understand themselves and advocate for their needs.



### EDUCATE

Providing practical information, resources and support.



### EMBRACE

Celebrating neurodiversity and creating spaces where people feel understood, valued and accepted.



## WANT MORE SUPPORT?

Scan the QR code to visit our website for more resources, information and ways we can support you.



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Empower • Educate • Embrace

We believe in you.

[www.themoreyouknowautism.co.uk](http://www.themoreyouknowautism.co.uk)

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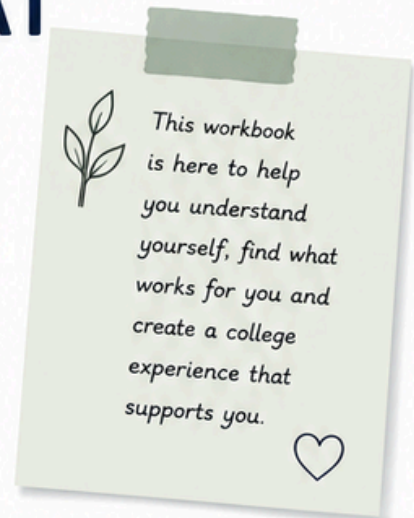
# 1. BEFORE WE START

College can be exciting.  
It can also feel overwhelming.

Many autistic students tell us they look forward to college while also worrying about new people, new routines, new expectations and greater independence.

All of those feelings are valid.

There is no “right” way to feel.



## 2. THINGS MAY BE DIFFERENT

At college you might notice:



More independence



Less direct support



New social situations



Different learning styles



More responsibility



More choice

Some of these changes might feel positive.

Some might feel challenging.

Many people experience both.

## 3. A NOTE FOR YOU

- ✓ You do not need to become a different person to succeed at college.
- ✓ You do not need to hide your autism.
- ✓ You do not need to do everything on your own.

The aim of this workbook is **not** to change who you are.

It is to help you understand what works for you and build a college experience that supports your wellbeing, learning and goals.



### AS I BEGIN THIS JOURNEY...



One thing I am looking forward to:

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One thing I am worried about:

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One thing I want to remember:

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“

You are allowed to take up space. You belong here.  
Your way of thinking is not a problem – it’s part of your strength.



”

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# 2. WHAT CHANGES AT COLLEGE?

College is a big step towards independence. It often means new routines, more choices and different expectations.

Understanding the changes can help you prepare in a way that works for you.



## 2.1 KEY DIFFERENCES YOU MIGHT NOTICE

College is not school. Here are some common differences you may notice.

 <p><b>More independence</b></p> <p>You are expected to manage more things on your own.</p>	 <p><b>Less direct support</b></p> <p>Staff may not check in with you as often as in school.</p>	 <p><b>New systems and routines</b></p> <p>Different timetables, buildings, apps and ways of working.</p>	 <p><b>New people and environments</b></p> <p>New classmates, lecturers and spaces to navigate.</p>	 <p><b>More choice and flexibility</b></p> <p>You can choose more of what you study and how you learn.</p>	 <p><b>More responsibility</b></p> <p>Deadlines, attendance and planning are your responsibility.</p>
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### CHANGES THAT MAY FEEL POSITIVE

- ✓ More independence and freedom
- ✓ Opportunities to explore your interests
- ✓ New experiences and environments
- ✓ Meeting new people
- ✓ Building skills for the future

What else might be positive for you?

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### CHANGES THAT MAY FEEL CHALLENGING

- ✓ Less structure and more independence
- ✓ Unfamiliar environments and routines
- ✓ Managing time and workload
- ✓ Social situations and new expectations
- ✓ Travel and getting around

What else might be challenging for you?

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## 2.2 YOUR THOUGHTS

Which changes above feel most relevant to you right now? Use the space below to reflect.




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It's okay if change feels uncomfortable. Not every change will be hard – and you don't have to do it alone.

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# 3. UNDERSTANDING YOUR SUPPORT NEEDS



Everyone has support needs. Knowing what helps you and what doesn't is key to getting the most out of college.

This isn't about labels. It's about understanding you.

## 3.1 WHAT HELPS ME LEARN AND THRIVE?

Think about the things that support you to feel calm, focused and able to do your best.








Tick the ones that are helpful for you and add your own ideas.

						
Clear routines and structure	Quiet spaces or breaks	Written information	Extra time or flexibility	Supportive people	Visual aids or diagrams	Time to unwind
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other things that help me: \_\_\_\_\_

## 3.2 WHAT MAKES THINGS HARDER?

It's just as important to understand what can get in the way so you can plan ahead.

						
Loud or busy environments	Unclear instructions	Large groups or crowds	Too many tasks at once	Unpredictable changes	Poor sleep or low energy	Sensory overload
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Other things that make it harder: \_\_\_\_\_

## 3.3 WHAT DO I NEED PEOPLE TO KNOW?

This could be things that help lecturers understand you, ways to support you, or things you'd like them to be aware of.



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“ Understanding your needs is not asking for special treatment. It's giving yourself the chance to thrive. ”

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# 4. MY STRENGTHS AS A LEARNER

You have strengths. They might not always be noticed, but they are there.





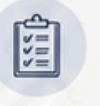

Recognising your strengths can help you build confidence and use what works for you as you succeed in college.

This is your reminder:  
 You bring something valuable to your learning.



## 4.1 WHAT ARE MY STRENGTHS?

Think about the things you're good at or that come naturally to you. Tick any that feel true for you and add your own ideas.

 Creative thinking <input type="checkbox"/>	 Attention to detail <input type="checkbox"/>	 Focus on interests <input type="checkbox"/>	 Honest and straightforward <input type="checkbox"/>	 Kind and empathetic <input type="checkbox"/>	 Problem solving <input type="checkbox"/>	 Reliable and consistent <input type="checkbox"/>
 Independent thinker <input type="checkbox"/>	 Good listener <input type="checkbox"/>	 Enjoy learning new things <input type="checkbox"/>	 Determined and hardworking <input type="checkbox"/>	 See the bigger picture <input type="checkbox"/>	 Well organised (in my own way) <input type="checkbox"/>	 Other strengths _____ _____

## 4.2 HOW HAVE MY STRENGTHS HELPED ME?

Write or draw examples of times your strengths have helped you learn, solve problems or achieve something.

 ..... ..... .....	 ..... ..... .....	 ..... ..... .....
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## 4.3 HOW CAN I USE MY STRENGTHS AT COLLEGE?

Which of your strengths could help you at college? How could you use them?



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 .....  
 .....

“ You don't need to be good at everything. You just need to know your strengths and use them in your way. ”

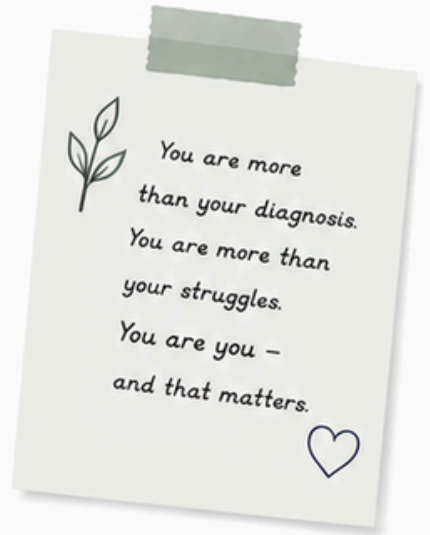
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# 5. WHO I AM BEYOND THE CHALLENGES

College is a chance to focus on your future, your goals and the person you want to become.

It's important to remember all the things that make you, you.

This page is all about celebrating you.



## 5.1 MY PERSONAL STRENGTHS



What are you good at? Think about your skills, qualities and the strengths that help you every day.

I am good at..

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 10 .....



People say I am...

.....  
 .....  
 .....

## 5.2 THINGS THAT MAKE ME INTERESTING



What are your passions, hobbies and the things that make you unique?

I love / I enjoy...

- 1 .....
- 2 .....
- 3 .....
- 4 .....
- 5 .....
- 6 .....
- 7 .....
- 8 .....
- 10 .....



Things that make me laugh, happy or feel like me...

.....  
 .....  
 .....

## 5.3 HOW DO I WANT TO GROW?

What are some things you'd like to get better at, try or achieve in college and beyond?



.....  
 .....  
 .....

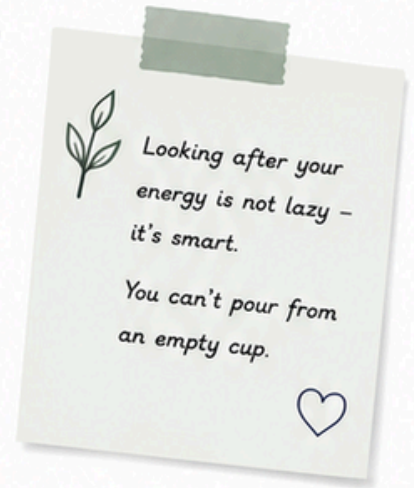


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# 6. MANAGING ENERGY & AVOIDING BURNOUT











College can be exciting, but it can also be tiring. New routines, more independence and extra responsibilities can use up a lot of energy.

Learning how to manage your energy helps you stay well and do your best.













## 6.1 WHAT USES UP MY ENERGY?

Tick the things that often leave you feeling tired or drained.

 Social situations <input type="checkbox"/>	 Poor sleep <input type="checkbox"/>
 Loud or busy environments <input type="checkbox"/>	 Pressure to keep up <input type="checkbox"/>
 Too many tasks at once <input type="checkbox"/>	 Travel or long commutes <input type="checkbox"/>
 Unclear instructions or changes <input type="checkbox"/>	 Bright lights / sensory overload <input type="checkbox"/>
 Worrying or overthinking <input type="checkbox"/>	 Other: _____

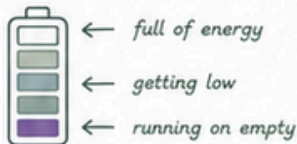
## 6.2 WHAT GIVES ME ENERGY?

Tick the things that help you feel recharged, calm and able to cope.

 Quiet time on my own <input type="checkbox"/>	 Special interests or hobbies <input type="checkbox"/>
 Time in nature <input type="checkbox"/>	 Good sleep <input type="checkbox"/>
 Time with people who get me <input type="checkbox"/>	 Planning ahead <input type="checkbox"/>
 Doing something creative <input type="checkbox"/>	 Comfort routines <input type="checkbox"/>
 Exercise or movement <input type="checkbox"/>	 Other: _____

## 6.3 MY ENERGY CHECK-IN

Think about a typical week. Where do you lose energy? Where can you build in things that help you recharge?



Things that drain my energy	Things that help me recharge
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____
● _____	● _____

## 6.4 ONE SMALL CHANGE I CAN MAKE

What is one thing you can do this week to protect your energy? It could be something small - every little bit helps.



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

“

You can't do everything - and that's okay. Find a balance that works for you, not what works for everyone else.



”

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# 7. COMMUNICATION & SELF-ADVOCACY

At college, you are the expert on you.  
 Being able to communicate your needs, ask for help and speak up for yourself is a powerful skill.

You have a voice. You deserve to be heard.  
 You matter.




## 7.1 WHO CAN I TALK TO?

There are lots of people who can support you.  
 Who might you talk to at college?  
 Tick the ones you might feel comfortable speaking to.

	Lecturer or tutor	<input type="checkbox"/>
	Student support / wellbeing team	<input type="checkbox"/>
	Learning support / disability adviser	<input type="checkbox"/>
	Personal tutor	<input type="checkbox"/>
	Peer mentor or older student	<input type="checkbox"/>
	Trusted friend	<input type="checkbox"/>
	Other: _____	<input type="checkbox"/>

## 7.2 WHAT I FIND HARD TO SAY

It can be tough to speak up.  
 What things do you find difficult to talk about or ask for help with?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

It's okay. You're not alone.  
 We all find some things harder than others.






## 7.3 SENTENCES I CAN USE

Sometimes having a few go-to sentences can make it easier to speak up. You can tweak these to fit you.

<p>"I learn best when..."</p> <p>_____</p> <p>_____</p>	<p>"I find it helpful when..."</p> <p>_____</p> <p>_____</p>	<p>"I need support with..."</p> <p>_____</p> <p>_____</p>	<p>"Could we try..."</p> <p>_____</p> <p>_____</p>	<p>"At the moment, I'm struggling with..."</p> <p>_____</p> <p>_____</p>
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 Practise saying these out loud. The more you use your voice, the stronger it gets.

## 7.4 MY SELF-ADVOCACY PLAN

<p> What do I want people to understand about me?</p> <p>_____</p> <p>_____</p>	<p> What support or adjustments am I likely to need?</p> <p>_____</p> <p>_____</p>	<p> How will I let people know what I need?</p> <p>_____</p> <p>_____</p>
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Your voice matters. Your needs matter.  
 You have the right to the support that helps you learn and succeed.



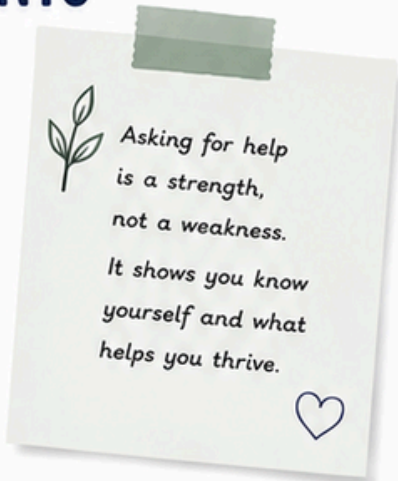
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# 8. ASKING FOR ADJUSTMENTS

Adjustments level the playing field. They are not special treatment – they are tools that help you succeed.

You have the right to ask for what you need to access your education.



## 8.1 WHAT IS AN ADJUSTMENT?

Adjustments are changes that help you access learning on equal terms.

Examples are below – add any others you can think of.

- Extra time for tests / assignments
- A quiet space to work or take breaks
- Written instructions or slides in advance
- Use of laptop or assistive technology
- Alternative to group work
- Support with organisation or planning
- Other: \_\_\_\_\_

## 8.2 HOW DO I ASK?

Planning what to say can make it easier. Use the space below to plan your request.

- What I need help with:
- What I am asking for:
- How this will help me:
- Is there anything else I want to say?

## 8.3 WHERE CAN I ASK FOR ADJUSTMENTS?

Tick the places you can go to for support.

- College disability or inclusion team
- Lecturers
- Personal tutor or adviser
- Student support services
- Course leader
- Wellbeing or mental health team
- Other: \_\_\_\_\_

## 8.4 MY NEXT STEP

What is one adjustment you would like to explore or ask for this term?

\_\_\_\_\_



“ You deserve an environment where you can do your best. Asking for adjustments is how you build that. ”

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# 9. ORGANISATION & INDEPENDENT STUDY









College brings more independence. That means more responsibility for your time, your work and your deadlines.

Having systems that work for you can reduce stress and help you stay on track.



## 9.1 WHAT CAN BE CHALLENGING?







Tick the things that you find tricky. Add any others to the box.

	Keeping track of deadlines	<input type="checkbox"/>
	Starting assignments	<input type="checkbox"/>
	Breaking tasks down	<input type="checkbox"/>
	Staying focused	<input type="checkbox"/>
	Remembering to check messages / emails	<input type="checkbox"/>
	Managing my time	<input type="checkbox"/>
	Keeping things organised	<input type="checkbox"/>
	Other: _____	<input type="checkbox"/>

## 9.2 SYSTEMS THAT HELP ME

What tools, strategies or routines help you stay organised and on top of your work?

Write down the ones you already use - or want to try.

 Planning my time _____ _____ _____	 Keeping track of tasks _____ _____ _____	 Reminders that work _____ _____ _____
 Keeping things organised _____ _____ _____	 Staying focused _____ _____ _____	 Something else that helps _____ _____ _____

## 9.3 MY WEEKLY PLAN

Use the space below to plan a typical week. You can write in classes, study time, assignments, self-care and anything else that's important to you.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Classes / college							
Study / assignments							
Other things (appointments, work, activities)							
Self-care / downtime							

### TOP TIPS TO REMEMBER

 <p>Plan your week, not just your day. It reduces stress and last-minute panic.</p>	 <p>Break tasks down into small steps. Small steps lead to big progress.</p>	 <p>Build in breaks and downtime. Rest is productive too.</p>	 <p>What works for someone else might not work for you - and that's okay.</p>
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“

You don't need the 'perfect' system. You just need a system that supports you.



”

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# 10. FRIENDSHIPS & SOCIAL CONNECTIONS









Everyone connects in different ways.  
College is a chance to find your people –  
and to build relationships that support you.

Quality over quantity. The right connections  
make all the difference.



## 10.1 MY SOCIAL PREFERENCES

Think about how you like to connect with others.  
What feels comfortable? What feels draining?  
Tick the ones that feel like you.

	Small group conversations	<input type="checkbox"/>
	One-to-one chats	<input type="checkbox"/>
	Shared activities (e.g., games, sport, clubs)	<input type="checkbox"/>
	Hanging out in quiet spaces	<input type="checkbox"/>
	Larger groups / social events	<input type="checkbox"/>
	Messaging or online chats	<input type="checkbox"/>
	Spending time alone	<input type="checkbox"/>
	Other: _____	<input type="checkbox"/>

## 10.2 WHAT MAKES A GOOD FRIEND?

What qualities are important to you in a friend?  
Write or draw your ideas below.




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You deserve friends who respect you, include you and make you feel good about being yourself.



## 10.3 HOW DO I MAKE & KEEP FRIENDSHIPS?

What helps you start conversations?  
What helps you maintain friendships?



Things that help me:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Things that can be hard:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## 10.4 SOCIAL SITUATIONS

Think about social situations that might feel tricky.  
What strategies can help you?

Situation	What might be challenging?	Strategies that could help
 Starting a conversation		
 Joining in with a group		
 Social events / parties		
 Saying no or needing space		

## 10.5 ONE SMALL STEP I CAN TAKE

What is one thing you can try this week to build or maintain a connection?  
It could be small – every step counts.

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“ You don't have to do it all at once.  
Start small. Stay true to yourself. You'll find your people. ”





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# 12. PLANNING FOR MY FUTURE

Thinking about the future can feel exciting, scary or both!  
It's okay not to have everything figured out yet.  
Small steps today can help you build the future you want.



## 12.1 WHAT MATTERS TO ME?

What's important in your life?  
Tick what matters most to you and add your own.

 My health <input type="checkbox"/>	 Education <input type="checkbox"/>	 A good job <input type="checkbox"/>	 Family & friends <input type="checkbox"/>
 Financial security <input type="checkbox"/>	 Travel & new experiences <input type="checkbox"/>	 Hobbies & interests <input type="checkbox"/>	 Making a difference <input type="checkbox"/>
Other: _____ <input type="checkbox"/>			

## 12.2 MY DREAMS & GOALS

Big or small, near or far – what would you love to achieve one day?

 Something I dream about: _____ _____	 A goal for the next year: _____ _____
 A goal for 5 years' time: _____ _____	 A goal for the future: _____ _____

## 12.3 STEPS I CAN TAKE

Break a goal down into small steps.  
What can you do now that will help you get there?



<b>1</b> What I want to achieve: _____ _____	<b>2</b> What I can do now: _____ _____	<b>3</b> Who / what can help me: _____ _____	<b>4</b> When will I start? _____ _____	<b>5</b> How I'll know I'm making progress: _____ _____
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## 12.4 POTENTIAL CHALLENGES

What might make things harder?  
How could you prepare or get support?

What might be challenging?	How I can prepare / get support or stay on track
	
	
	
	

## 12.5 MY FUTURE SELF

Imagine it's 5 years from now.  
What would your future self be proud of?  
What advice would they give you today?

I would be proud of:  _____ _____	My future self would tell me:  _____ _____
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The future isn't something you find.  
It's something you create, one step at a time.  
You have so much potential – keep going.

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# 13. CELEBRATING MY PROGRESS

Progress isn't always big and loud.  
Sometimes it's small, quiet and easy to miss.  
But every step forward matters.

Taking time to notice how far you've come  
can boost your confidence and motivation.



## 13.1 MY WINS


Think about the things you've done well, big or small. Write them in the trophy!



## 13.2 LOOKING BACK


Think about this time last year.  
What were some challenges you faced then?  
How have things changed?


A YEAR AGO...	NOW...
.....	.....
.....	.....
.....	.....
.....	.....


 What growth have you noticed in yourself?  
.....


## 13.3 PEOPLE WHO CHEER ME ON


Who are the people that support you, encourage you or believe in you? Write their names below.


 .....



 .....

 .....

 .....


 .....

 .....

 You don't have to do this alone.  
You have a team around you. 

## 13.4 WHAT I'M PROUD OF


Write or draw the things you're most proud of about yourself.



.....

.....

.....



## 13.5 A NOTE TO MY FUTURE SELF

Write a kind and encouraging message to your future self. Something you might need to remember on a tough day.




.....

.....

.....



“ Look back with pride.  
Look forward with hope.  ”  
Keep showing up for yourself - you've got this.

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# 14. BEING RESILIENT: BOUNCING BACK

College life won't always be easy. Setbacks happen to everyone. Resilience means learning, adapting and trying again.

You are stronger than you think.  
Every challenge is a chance to grow.



## 14.1 CHALLENGES I MIGHT FACE

What might feel difficult for you in college?  
Tick the ones that might be true and add your own.

 Heavy workload <input type="checkbox"/>	 Feeling overwhelmed <input type="checkbox"/>
 Making new friends <input type="checkbox"/>	 Staying motivated <input type="checkbox"/>
 Managing my time <input type="checkbox"/>	 Worrying about the future <input type="checkbox"/>
 Speaking up / asking for help <input type="checkbox"/>	 Handling mistakes or failure <input type="checkbox"/>
 Dealing with change <input type="checkbox"/>	 Homesickness <input type="checkbox"/>
 Other: _____ <input type="checkbox"/>	

## 14.2 HOW I CAN BOUNCE BACK

When things get tough, what can help you get back on track?  
Write or draw your ideas below.

-  People I can talk to: \_\_\_\_\_
-  Things that help me feel better: \_\_\_\_\_
-  Reminders for myself: \_\_\_\_\_
-  What I can learn from tough times: \_\_\_\_\_

## 14.3 MY RESILIENCE PLAN

Think ahead. What might go wrong, and what will you do? Make a simple plan.

If this happens...	Then I can...
 I feel overwhelmed with work →	
 I feel lonely or left out →	
 I don't do as well as I hoped →	
 Something unexpected happens →	

## 14.4 MY RESILIENCE STRENGTHS

What are your inner strengths that help you keep going?  
Write or draw them in the shield.



## 14.5 MY GO-TO REMINDERS

Write some short, positive reminders you can use when things get tough. You could put these on sticky notes, on your phone or in your planner!



		
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“ You are allowed to have hard days. Resilience isn't about being perfect – it's about not giving up. You've got this, one step at a time. ”

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# 15. TAKING CARE OF MY WELLBEING









When you look after your body, mind and emotions, you feel better, think more clearly, and have more energy for the things that matter.

Self-care isn't selfish – it's necessary.



## 15.1 SELF-CARE CHECKLIST

How often do you do these things?  
Tick one box for each.

	Often	Sometimes	Rarely	Never
 Get enough sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Eat healthy foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Drink enough water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Move my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Take breaks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Do things I enjoy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Spend time with positive people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
 Take time to relax	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## 15.2 MY SELF-CARE MENU

Fill your menu with self-care ideas you can choose from when you need a boost.

## 15.3 WHAT DRAINS MY ENERGY?

Think about the things or situations that leave you feeling tired or stressed. Write or draw them below.

## 15.4 HOW I CAN REFILL MY ENERGY

What can you do to feel more like yourself again? List ideas that help you feel calm, recharged or happy.

## 15.5 MY WELLBEING PROMISE

Write a promise to yourself about how you will take care of your wellbeing.

I will try to:

- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_
- ☆ \_\_\_\_\_

“ Taking care of yourself is how you take care of your future. Small steps. Every day. You matter. ”





AUTISM SERVICES

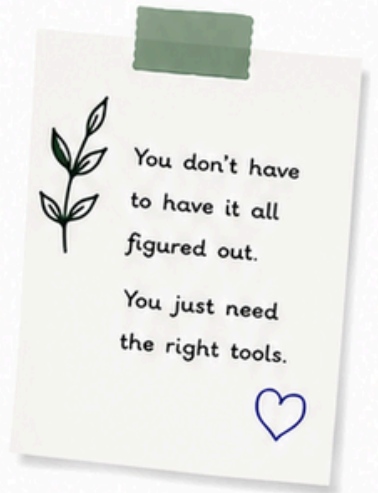
- EMPOWER
- EDUCATE
- EMBRACE

# 16. MY CHANGE TOOLKIT

Change can be exciting, but it can also feel overwhelming at times.

This toolkit is full of strategies, reminders and resources you can use whenever you need a little extra support.


You have more tools than you think.  
Build your kit, use it often, and keep adding to it.



## 16.1 MY GO-TO STRATEGIES

What helps you when things feel hard, stressful or overwhelming?  
List your go-to strategies.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 16.2 PEOPLE I CAN TURN TO

Who are the people that you can talk to, ask for help, or spend time with when you need support?

 Family: \_\_\_\_\_

 Friends: \_\_\_\_\_



 Mentors / Staff: \_\_\_\_\_

 Support Services: \_\_\_\_\_

 Other: \_\_\_\_\_


## 16.3 THINGS THAT HELP ME RESET


What can you do when you need a break or a reset? Write or draw.






## 16.4 POSITIVE REMINDERS


Write some kind and encouraging things you want to remind yourself of.

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

## 16.5 RESOURCES I CAN USE

List apps, websites, helplines or other resources that might be helpful for you.

 \_\_\_\_\_

 \_\_\_\_\_

 \_\_\_\_\_

## 16.6 MY PLAN FOR USING MY TOOLKIT

How will you make sure you use the tools in your toolkit when you need them?


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



“ You are not alone, and you are not without options. You have everything you need within you to handle whatever comes next. ”

# 17. GETTING READY FOR COLLEGE

Preparation doesn't mean having everything figured out.

Small steps can make a big difference.










College can feel less overwhelming when you know what to expect. Taking some time to prepare can help you feel more confident and ready for your first few weeks.

You don't have to do everything at once.  
Every small step you take now will help you later.

- EMPOWER
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- EMBRACE

## 17.1 THINGS I CAN FIND OUT BEFORE I START







-  Where my classes are
-  What my timetable looks like
-  Who to contact if I need support
-  How to access student services
-  Where the quiet spaces are
-  How to access the learning platform
-  Where to eat and take breaks
- Other: \_\_\_\_\_

## 17.2 TRAVEL PLANNING

### My travel plan

-  How will I get to college?  
\_\_\_\_\_
-  What time will I leave?  
\_\_\_\_\_
-  What time do I need to arrive?  
\_\_\_\_\_
-  Useful apps or websites:  
\_\_\_\_\_  
\_\_\_\_\_

### Practice Journey Checklist

-  Check my route
-  Save the route on my phone
-  Download transport apps
-  Practice the journey
-  Identify a backup route
-  Know who to contact if something goes wrong










## 17.3 MY SUPPORT CONTACTS

Who can I contact if I need help?

Person	Role	Contact

## 17.4 MY COLLEGE PREPARATION CHECKLIST

Before I start college, I would like to:

-  Visit the campus
-  Attend transition events
-  Meet support staff
-  Look at my timetable
-  Organise equipment
-  Plan travel arrangements
-  Save important contacts
-  Explore the college website
-  Other: \_\_\_\_\_  
\_\_\_\_\_

## 17.5 ONE THING I CAN DO THIS WEEK

What's one small step I could take to feel more prepared?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_




Preparation today can make tomorrow feel a little easier.  
You're getting ready, and that's something to be proud of.





- EMPOWER
- EDUCATE
- EMBRACE

# 18. MY COLLEGE SUCCESS PLAN




A success plan helps you think about what will help you feel good, do your best and reach your goals. You are in charge of your journey.

This plan is for you.  
You can change it whenever you need to.



## 18.1 MY GOALS

What are some things you want to achieve during your time at college?

- 1 \_\_\_\_\_ 
- 2 \_\_\_\_\_ 
- 3 \_\_\_\_\_ 



Think big or small - every goal matters!

## 18.2 THINGS THAT WILL HELP ME SUCCEED





What support, strategies or resources will help you be your best?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 18.3 MY STRENGTHS

What are some of your strengths that will help you at college?

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

★ You have so many strengths - use them! ★

## 18.4 CHALLENGES & HOW I WILL MANAGE THEM

What might be challenging for you? What can you do, or who can help?

Challenge	How I will manage it / who can help
 _____	_____
 _____	_____
 _____	_____

## 18.5 MY ACTION PLAN

What steps can I take to move towards my goals? List 3 actions you can do.

- |         |                               |
|---------|-------------------------------|
| 1 _____ | Done <input type="checkbox"/> |
| 2 _____ | <input type="checkbox"/>      |
| 3 _____ | <input type="checkbox"/>      |








Small steps every day lead to big changes.



## 18.6 HOW I WILL LOOK AFTER MYSELF

How will I look after my wellbeing while studying? What will help me stay balanced?

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_



You have a plan.  
You have strengths.  
You have support.  
**You have what it takes!**



- EMPOWER
- EDUCATE
- EMBRACE

# 19. CELEBRATING MY PROGRESS

Every step you take is something to be proud of. It's important to recognise your progress, no matter how big or small.

You are growing, learning and doing your best. That is amazing!



## 19.1 WHAT I'M PROUD OF






What are some things you are proud of since starting or preparing for college? Write or draw them below.

★



## 19.2 MY PROGRESS SO FAR

Think about when you first started this journey and where you are now. What have you achieved? What has got easier?

When I started...		Now...
.....	 →	.....
.....	 →	.....
.....	 →	.....
.....	 →	.....
.....	 →	.....

## 19.3 PEOPLE WHO HAVE HELPED ME

Who has supported you on your journey? Say thank you - they play an important part in your success.

♥

♥

♥

♥

♥




## 19.4 CHALLENGES I HAVE OVERCOME


What challenges have you faced? How did you overcome them?

Challenge	How I overcame it
 .....	.....
 .....	.....
 .....	.....

## 19.5 WHAT I'VE LEARNED ABOUT MYSELF

What have you learned about yourself during this journey? What are your key strengths, qualities or things that make you, you?





Celebrate every win, no matter how small. You are doing great, and your future is full of possibilities. Keep believing in yourself!





# AUTISM SERVICES

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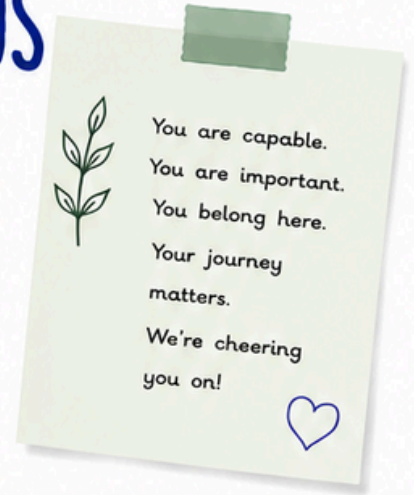
# 20. A NOTE FROM US

Starting college is a big step, and it's okay to feel a mix of emotions.

Remember, you are not alone - we are here to support you every step of the way.

We believe in you, in your abilities and in your potential.

You've got this!



## 20.1 A FEW REMINDERS

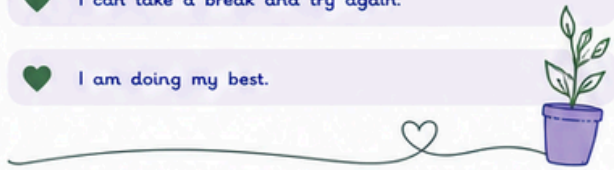
Some things to remember when things feel hard or uncertain.

- It's okay to take things one step at a time.
- It's okay to ask for help.
- You don't have to be perfect to be successful.
- You are still you - college is just a new chapter.
- You are enough, just as you are.

## 20.2 WHEN THINGS FEEL TOUGH

It's normal to have difficult days. Try these kind reminders:

- This feeling won't last forever.
- I can do hard things.
- Small steps still move me forward.
- I can take a break and try again.
- I am doing my best.



## 20.3 MESSAGES TO MY FUTURE SELF

Write a kind and encouraging message to yourself that you can read when you need a reminder of how strong you are.



Four horizontal lines for writing a message to your future self.



## 20.4 PEOPLE BELIEVE IN YOU

The people around you are here to support you. Who are the people cheering you on?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



## 20.5 ONE LAST THOUGHT...

Is there anything else you want to say to yourself as you begin this new journey?

Four horizontal lines for writing a final thought.



We are so proud of you for taking the time to complete this workbook. You are showing courage, self-awareness and a desire to grow.

We can't wait to see all that you achieve!

**Keep being you!**

