

2025 Family and Student Transitions Toolkit Table
Learning Effectiveness Program

Topic	Suggestion	Action Step	Resources
Orientation & Registration	Familiarize yourself with campus layout, accessibility features and registration process	Pull up a map of DU and the local surrounding environment	FLYTE Discoveries DU Office of the Registrar DU Interactive Map
Connect, Connect, Connect	Explore Crimson Connect thru DU	Make a list of 2-3 clubs or activities that you would like to potentially become involved in.	Crimson Connect and links to clubs and activities on DU's website First Ascent Fraternity and Sorority Life Crimson Connect: NDRG Intramural sports Dungeons and Dragons DU wide and LEP (go explore) RTD (free QR code)
Academic Support	Utilize LEP tutoring services, academic advising and note-taking support as needed	Identify classes that may require more time and attention	DU Office of Academic Advising
Sensory Management	Develop strategies to manage sensory overload in classrooms, dining halls and social spaces	Sensory ball, fidgets, headphones, breath work	How to connect Digital LEP resources (i.e. breathe work) Breathwork App
Time Management	Utilize calendars, reminders, time-	Familiarize yourself with the Canvas or Outlook calendar or	

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	blocking techniques to stay organized	purchase paper calendar	
Mental Health Support	Seek counseling services if needed, consult with current therapist regarding continuation of services, identify your support team	Educate yourself on medication management, wellness practices, issues that cause the most stress	DU Health and Counseling Center Health & Counseling Center & LEP Resource - Caring for Your Health at DU
Independent Living Skills	Assess ILS (food & shelter, personal hygiene, laundry, bedding, cooking, cleaning)	Choose and learn a new skill. Practice relying on yourself.	DU's Guide to Residential Living Independent Skills Worksheet
Life in Colorado	Drink plenty of water, carry a water bottle and lip moisturizer, layer your clothing for the day, have a pair of sunglasses and use sunscreen and lotion	Purchase a book or explore websites related to life in CO	
Important Considerations			
Plan and Prepare	Transitions are hard. The first few weeks may feel exciting, uncomfortable and overwhelming all at the same time.	Identify people or places on campus that you enjoy. Expect to have some ups and downs.	FLYTE team members, academic advisor appointment
Open Communication	Maintain open communication with professors, advisors and Student Disability Services staff regarding needs and challenges	Take some time to understand your diagnosis and how they impact your academic work.	Neuropsychological assessments Additional documentation
Self-Advocacy	Learn to articulate needs and advocate for appropriate accommodations. Learn to ask for help.	Practice with LEP Academic Counselor, read through your Letter of Approved Accommodations (LOAA)	Schedule an appointment with your instructors outside of class or attend office hours. Email instructors when you are struggling or miss class.

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Peer Support	Connect with other neurodivergent students on campus to build community and share strategies	Connect with LEP Peer Leader, 4D Mentor at FLYTE and Discoveries	Crimson Connect The Neurodiversity Resource Group
Flexibility	Be prepared to adjust strategies and seek additional support as needed throughout the college experience	Explore your expectations for college (i.e. courses, roommates, Greek life, social clubs, etc.)	
Find Balance	Be aware of your sleeping, eating, socialization and exercise routines.	Create a journal of how you are creating balance with your routines. What helps with supporting self-care?	Self Care Assessment Worksheet
College Capable vs. College Ready	Capable: student can handle college level academics Ready: student can handle independence to get TO and THRU college	Focus on valuable ILS*. What are the gaps or the challenges? Access what you're good at and what you need help with.	Assessments for neurodivergent students
Review Summer Webinars and Workshops	Take time to attend and/or review LEP's Summer Series	Email FLYTE@du.edu if you have questions. The Big 3: Canvas, Outlook, My DU *Eat breakfast on Sunday morning (dining hall not open) :)	Zoom link to Summer Webinars and Workshops (located in follow-up emails)

*Independent Learning Skills