The FASD Learning Series is part of the Alberta government's commitment to programs and services for people affected by FASD and those who support them.

**Presenters:**
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**Agenda**

- Introductions
- What programs does Bow Valley College offer
- FASD & Education
- Success from the start
- Secondary Disabilities and Education
- Student’s stories
- How to prepare for college
- What services are available at college
- What does it mean to be an effective adult learner

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**What programs does Bow Valley College offer?**

- ESL
- **Academic Upgrading** (gr. 3-12)
- **Career programs** (Diploma & Certificate)
- **Low-Literacy - ABLE, SARAW, LIFELINE**
- Continuing Education
- **Inclusive Post-Secondary** (AACL)
FASD and Education

- Disrupted high school experiences - suspension, expulsion or voluntary withdrawal
- In high school - poor academic performance, poor behavioural progress, school adjustments problems and poor attendance
- Given the right environment and support adult students with FASD can be successful in the post-secondary environment

Persistence and Success

- Parental Advocacy
- Supportive staff and teachers
- Feeling academically integrated
- Accommodations & strategies
- Holistic approach to education

Success from the Start

- BVC entrance test to ensure correct placement in classes
- Identify primary and secondary disabilities along with strengths and needs
- Setting up academic accommodations & supports
- Career planning to suit ability and interests
- Work with the potential student and their support person/network
- Collaboration of BVC teams - counselling, specialised support, advisors, tutors
- Consistency of support staff
Adults with FASD have been found to have high rates of mental health issues (depression and anxiety), housing problems & alcohol/drug problems.

Issues act as a barrier to both entry into school and success while attending.

To address - Free unlimited counselling 5 days/week.
What Questions to Ask Prior to Attending College

- Have I thought about career options?
- Do I know what supports I need and where to go for supports?
- Do I know what services are available at the college?
- Do I have the appropriate documentation of a disability?
- Am I familiar with assistive technology?

Request accommodations and services EARLY

What services are available at the college?

Bow Valley College has...

- Policy regarding accommodating students with disabilities
- Counseling and Specialized Support services
- Study strategies workshops for all students
Bow Valley College can help with...

- Use of assistive technology in the classroom or homework
- Request for education supports in the classroom (e.g. sign language interpreters, note takers or class notes)
- Request special seating and preferential seating location
- Request accommodations

What does it mean to be an effective adult learner?

- Memory strategies
- Executive functioning strategies
- Organization strategies
- Concentration strategies
- Reading strategies

What strategies will help the student at the college...

- Memory strategies
- Executive functioning strategies
- Organization strategies
- Concentration strategies
- Reading strategies
Memory Strategies

- Teaching the skills is not enough
- Look at the environment to compensate for EF
- Direct training is required
- Break down task into smaller parts
- External motivation
- Identify task and explain what needs to be done
- Assist with problem solving techniques
- Set reminder at a regular basis

Executive Functioning Strategies

- Ensure the student has an agenda
- Provide a table of content
- Use a checklist to check off what is done
- Model categorizing
- Keep tasks short and attainable
- Use structure and sequencing techniques
- Spatial explanation help to focus on tasks at hand – lots of space on paper
- Assist with binder organization

Strategies for Organization
**Strategies for Increasing Concentration**

- Provide frequent breaks, break task into small units
- Provide structure
- Redirect learner to task at hand
- Make meaningful connections and allow time for making connections
- Use gestures, use your body
- Be clear and precise in instructions
- Establish rules and provide positive feedback
- No perfume or bright sunlight

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**Mapping with your students**

![Mapping image]

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**What do students tell us that made a difference in understanding...**

- Relate new learning to real life situation
- Attend classes and practice what has been taught
- Make homework a routine
- Need to see it, hear it, do it and tell someone else
- Review repeat review repeat in many different ways
Questions?

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For information on upcoming sessions in the FASD Learning Series:  
www.fasd-cmc.alberta.ca

Please take the time to fill out the on-line evaluation

Thank You!