

Becoming a Successful Adult Learner

Presenters:

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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.

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)

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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**

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Persistence and Success

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

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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**

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Addressing Secondary Disabilities

- ▶ 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

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Student's Stories

How to Prepare for College or Other Post-Secondary Education

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

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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

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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

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What does it mean to be an effective adult learner?

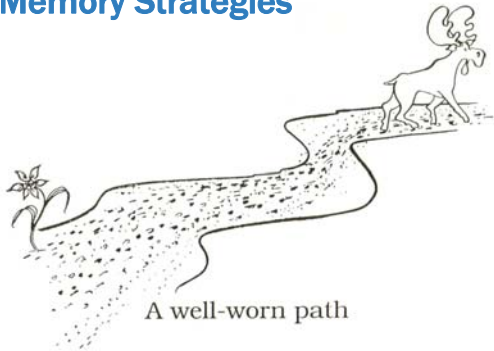


What strategies will help the student at the college...

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

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Memory Strategies



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Executive Functioning 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

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Strategies for Organization

- › 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

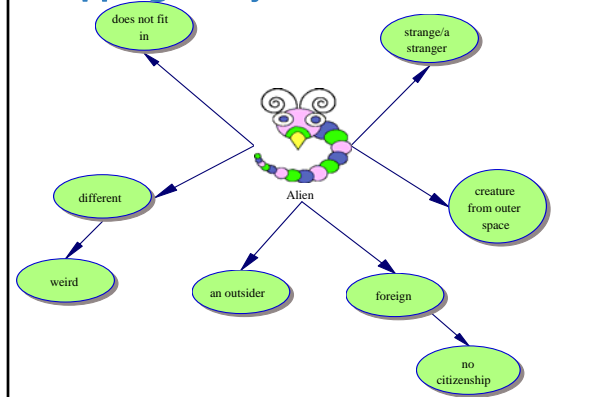
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Strategies for Increasing Concentration

- ▶ 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



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

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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!
