



Housing and Residential Support

Tips on how to prepare your neurodivergent teen for in-campus living

Student	Parent
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Before Move In

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| <input type="checkbox"/> Tour the school and dorms | <input type="checkbox"/> Meet with the schools Disability Services team |
| <input type="checkbox"/> Consider your personal needs - Quiet space vs Shared space | <input type="checkbox"/> Explore housing options - Shared vs Single dorm |
| <input type="checkbox"/> Meet with Resident advisors (RAs) | <input type="checkbox"/> Introduce Independent living skills |
| <input type="checkbox"/> Pair down to Essentials | <input type="checkbox"/> Request Early Move-In |
| <input type="checkbox"/> Connect with potential roommate(s) | <input type="checkbox"/> Meet with Resident advisors (RAs) |
| <input type="checkbox"/> Stay overnight in campus during Orientation | <input type="checkbox"/> Communicate the change ahead of time |

Move-in Essentials

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| <input type="checkbox"/> Draw a contract with roommate(s) | <input type="checkbox"/> Consider organization system and storage solutions |
| <input type="checkbox"/> Tools for staying organized | <input type="checkbox"/> Provide a safe place to store medication. |
| <input type="checkbox"/> Make your living space your own | <input type="checkbox"/> Encourage Flexibility Build Self-Accountability |
| <input type="checkbox"/> Be open to opportunities to meet people and make new friend | <input type="checkbox"/> Help your teen Build Self-Accountability |

Keeping things manageable

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| <input type="checkbox"/> Participate in clubs and extracurricular activities that interest you and allow you to meet people who share your interests. | <input type="checkbox"/> Do a "Dry-Run" before class starts |
| <input type="checkbox"/> Be mindful of your schedule when taking medications | <input type="checkbox"/> Consider setting reminders during the first weeks to ease your teen into their new routine |
| <input type="checkbox"/> Familiarize yourself with available services | <input type="checkbox"/> Help them self-identify triggers and behaviors |
| <input type="checkbox"/> Be proactive about your needs | <input type="checkbox"/> Identify tasks that can be outsourced |
| | <input type="checkbox"/> Consider and Executive Function Coach |

Healthy Habits

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| <input type="checkbox"/> Implement a strong study strategy | <input type="checkbox"/> Allow your teen to solve their own issues before intervening |
| <input type="checkbox"/> Build Self-Accountability | <input type="checkbox"/> Identify your teen's strengths and lean on them |
| <input type="checkbox"/> Practice Flexibility | <input type="checkbox"/> Establish a "check-in" schedule |
| <input type="checkbox"/> Implement strong organization systems | <input type="checkbox"/> Keep check short |
| <input type="checkbox"/> Prioritize Self-Care | <input type="checkbox"/> Give your teen room to explore and find their own way |