



## On Course for College

For students in Westchester, Putnam and Dutchess Counties

**Ready to attend college but don't know where to begin?  
CAREERS can help you navigate a path to a successful future!**

Preparing to enter college can be overwhelming for any student. Unfamiliar surroundings, challenging academics and educators, and missing friends are just a few of the new circumstances that may cause anxiety. To help students with disabilities navigate the college admission and adjustment process, CAREERS Support Solutions is offering a **free** program to help students enter college with less anxiety and stress while enhancing their independence and self-esteem.

Any student at least 18 years old is eligible for **On Course for College**, as long as they are referred by ACCES-VR, have a documented disability, and meet the admission requirements of a college for a degree or certificate program. There is no age limit for student participants.

### On Course for College will:

- Provide Assistance with admission, health and financial aid forms
- Help with the registration and course selection process
- Arrange a personalized tour of the campus
- Be available for ongoing one-on-one social support
- Access campus information including tutoring, student rights, accommodations and resources
- Provide individual services tailored to meet the unique and changing needs of each student, including problem solving, coping skills and stress management

### Participants can look forward to outcomes including:

- Enhanced relationship with peers and improved social and interpersonal skills
- Academic goals established and achieved
- Opportunities for meaningful employment improved

**Let us help you take the next step!**



### For further information, call:

Rebecca Appleyard, (845) 225-8007  
(Putnam and upper Westchester)

Jennifer Retacco, (914) 741-8500  
(Lower Westchester)

or e-mail [careersforpeople@aol.com](mailto:careersforpeople@aol.com)

[www.CAREERSSupportSolutions.org](http://www.CAREERSSupportSolutions.org)