ATTITUDES AS BARRIERS TO THE COLLEGE EXPERIENCE:

- Some students have a hard time admitting their disability – don't disclose barriers and difficulties because of past labeling, stigma, anger, and even feelings of guilt over being "different";

- Due to heightened levels of stigma, separation, even embarrassment, many students with disabilities are less likely to seek help from anyone;

- Some of a difficult time relating to non-disabled peers – cut short full motivation, involvement, commitment, and the college experience;

- Some are used to the "simple life" – few or no decision-making experiences – so are often overwhelmed with complexities such as deciding on classes and daily/weekly schedules, making time to study, setting up tutoring when needed, meeting deadlines for assignments , using campus technology, etc;

- Many students arrive without the proper coping and self-advocacy skills, so they have a hard time handling normal stress associated with the transition from high school to college – aren't used to being self-sufficient; often attempt too many credits in starting out;

- Some arrive without the ability or motivation to seek help – a necessary skill that translates beyond college into the work world and the other daily requirements of adult life;