

# Albright's Student Accessibility and Advocacy Office

Catering to Students Who  
Learn Differently



# OUR MISSION!

This office is dedicated to helping students thrive in college. Our office understands that this is a new community for you to be in, and all the new responsibilities may be scary. We are here to help you build a great foundation with all of our resources available!



# Tips for Academic Success as a College Student

## Sign up for a Tutor Early

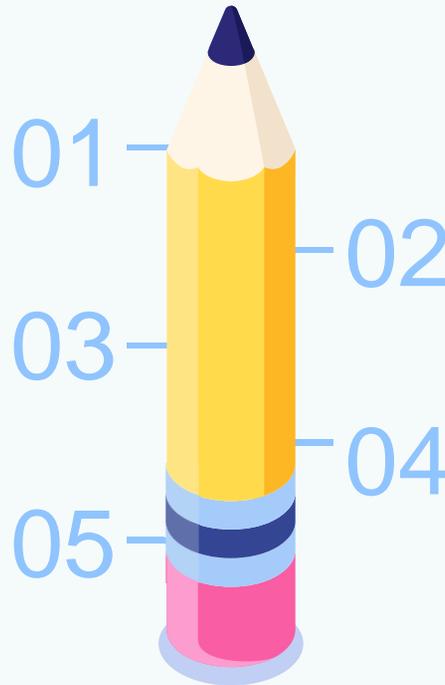
Contact the ALC in the beginning of each semester. Even if you think you do not need it.

## Buy a Planner

Map out your upcoming and future assignments. Don't find out you have a test the day before!

## Use the Outlook Calendar

Map out your meal times, class times, practice times, and hangout time. This helps you know when you're procrastinating versus practicing healthy socializing!



## Know Your Learning Environment

Study by yourself if you're friends distract you. Study in an academic building or lounge if your room makes you tired!

## Hold Yourself Accountable

Learn and practice being able to acknowledge when you are getting too distracted or need help in class. Learn when you need to make small changes in your life for better results.

# The Academic Learning Center

Use this department for additional classroom aid. The ALC provides one on one tutoring, group tutoring, and peer editing for papers at any stage.

The ALC also offers workshops for students who may be struggling with class for non-academic reasons, such as clarification on what professors expect from their students



# Addressing Some Misconceptions #1

I struggle a lot in college, but I don't want to get help. I was judged and labelled in high school, and I don't want to be again.



Visit Sherry Young in the SAA office! Services in college are different than ones in high school!

## Addressing Some Misconceptions #2



I never received accommodations in high school, so I won't get approved in college.



Visit Sherry Young in the SAA office!  
It's never too late to ask for services that you need!

## Addressing Some Misconceptions #3

Services in college don't exist. Everyone told me that I would be on my own in college, and that no one will help me because I'm an adult.



Visit Sherry Young in the SAA office! She has many resources available that will help you succeed!

## Addressing Some Misconceptions #4



I'm a struggling college student. I can't afford to meet with the Sherry and talk about what accommodations I need!

Meeting with SAA and using these resources are completely included in your tuition!

Pick up an accommodation letter from our office.  
Choose what professors receive the letter and often you can use your accommodations!

**You are in control!**





# How to Request Services

1. Contact Ms. Young at [syoung@albright.edu](mailto:syoung@albright.edu) and request the “Accommodation Packet”
2. You can also call us at 610-929-6639
3. If you have questions, you can email her; however, some questions may be difficult to answer without further information from you!

Get more information about what SAA can do for you [here](#):