

WEBVTT

1 "Sanko, Michelle" (55816448)

00:00:01.683 --> 00:00:23.539

Hello, and welcome to signals autism awareness series and thank you for calling in. My name's Michelle and the care manager here with the autism specialty team to to the format of this call your lying over main muted throughout the entirety of the seminar. Any questions received throughout the presentation will be through the Webex application.

2 "Sanko, Michelle" (55816448)

00:00:23.539 --> 00:00:38.730

Um, and we will be able to review those at the end of the seminar for question answer. It should be noted that we will only be answering questions that are on today's topic. And there will also be an option at the end of the seminar to complete a short survey as well.

3 "Sanko, Michelle" (55816448)

00:00:38.730 --> 00:00:58.730

If you'd like to access the handout for today's seminar, it's available at [www that Cigna dot com](http://www.thatscigna.com). Backslash autism. If you scroll to the current topic section in the middle of the page, and click on today's topic, labeled self advocacy and the college transition for adults, or follow along throughout the rabbit's presentation.

4 "Sanko, Michelle" (55816448)

00:00:58.730 --> 00:01:14.400

Recording will also be available once finalized please note and not all policies cover today's topic for specific information. If your policy covers topics to discuss in today's seminar, please contact the oxygen team by calling the number on the back of your insurance card.

5 "Sanko, Michelle" (55816448)

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Today I have the pleasure of introducing Dr Eric.

6 "Sanko, Michelle" (55816448)

00:01:18.660 --> 00:01:38.660

Doctor, and is a clinical psychologist and founder of top college consultants guide students with learning differences and mental health challenges through the college application process. Dr. has served on the learning differences or diversity and committees of the independent educational consultants Association. The.

7 "Sanko, Michelle" (55816448)

00:01:38.660 --> 00:01:46.170

Ca, and was honored by the, with them, making a difference award for contribution, such as database of neuro diversity.

8 "Sanko, Michelle" (55816448)

00:01:46.170 --> 00:02:06.170

Friendly colleges, we also coach teachers at UC Irvine, continuing education. Course working with students with learning disabilities and Co, managers of 17,000 a member Facebook group for parents of college bound Neuro divergent students. A national presenter researcher and professional writer Dr. has been interviewed by.

9 "Sanko, Michelle" (55816448)

00:02:06.170 --> 00:02:17.128

Media including forms money, magazines and U. S news and World report again. Thank you. Dr. and for being here. And you may take over thanks for.

10 "Eric Endlich" (3534508288)

00:02:17.128 --> 00:02:35.900

Michelle, thanks for Cigna for having me back again to speak on autism subjects. I'm passionate about this topic. Um, in addition to all the things you said, I'm a, you're autism, parent and autistic adult. So this is something, you know, that's really a key part of my life.

11 "Eric Endlich" (3534508288)

00:02:35.900 --> 00:02:53.910

Helping students successfully transition to college uh, there's my contact information right there on the 1st slide Eric top college consultants dot com. Um, if you're wondering what we do, we help students with the whole college process, whether it's finding gap your program summer programs.

12 "Eric Endlich" (3534508288)

00:02:53.910 --> 00:03:00.660

Support programs in college autism, support programs, helping them, finish their essays. Uh.

13 "Eric Endlich" (3534508288)

00:03:00.660 --> 00:03:18.510

Complete their resumes prepare for interviews, get their applications in and hopefully get good scholarship money too. That was a picture of an actual student of mine by the way that wasn't a stock photo. Uh, this is our team. Uh, we are scattered around the country and have a.

14 "Eric Endlich" (3534508288)

00:03:18.510 --> 00:03:38.510

Variety of backgrounds and expertise, so we try to match students with the the best consultant for them. And you mentioned the Facebook groups actually more than 18,000 members now. So, the slides already out of date that that is a link to the Facebook group and it's a great place for parents to learn from each other.

15 "Eric Endlich" (3534508288)

00:03:38.510 --> 00:03:48.990

There and get support from each other if you're wondering, hey, I'm thinking about this summer program for my kid, or this college has anyone else had experience with this particular.

16 "Eric Endlich" (3534508288)

00:03:48.990 --> 00:03:55.560

Program it's a great place to get feedback from, from other parents who've already been down this road.

17 "Eric Endlich" (3534508288)

00:03:55.560 --> 00:04:04.230

And I'd love to know from you what your concerns are about college and about self advocacy. So feel free to submit those and we'll get to them at the end.

18 "Eric Endlich" (3534508288)

00:04:04.230 --> 00:04:09.390

So, let's quick definition of what I mean, by self advocacy.

19 "Eric Endlich" (3534508288)

00:04:09.390 --> 00:04:15.090

Essentially, you know, in terms it means speaking up for what you need, it means.

20 "Eric Endlich" (3534508288)

00:04:15.090 --> 00:04:20.340

Being able to get your needs met and, um.

21 "Eric Endlich" (3534508288)

00:04:20.340 --> 00:04:40.340

In order to do that, you have to 1st know what those needs are. So self awareness is a real key piece and we'll we'll come back to that. So, speaking up for your needs could be could mean speaking up to your instructor to staff to healthcare professionals to family.

22 "Eric Endlich" (3534508288)

00:04:40.340 --> 00:04:46.499

Numbers and being able to get needs, met through your, your own.

23 "Eric Endlich" (3534508288)

00:04:46.499 --> 00:05:00.929

Advocacy, and why is this so critical in college? Well, it's because the differences between high school and college, and if you've been to college yourself, some of this will be familiar, but I want to go over it because.

24 "Eric Endlich" (3534508288)

00:05:00.929 --> 00:05:05.069

It's so critical to this topic.

25 "Eric Endlich" (3534508288)

00:05:05.069 --> 00:05:09.449

In high school the day tends to be quite structured.

26 "Eric Endlich" (3534508288)

00:05:09.449 --> 00:05:25.319

A very full day, many hours in class coming home maybe having band practice or sports practice or homework after school and dinner with the family and kind of going to bed and.

27 "Eric Endlich" (3534508288)

00:05:25.319 --> 00:05:45.319

Getting up and doing it all over again, with the very full structured day. In many cases not that much homework relatively speaking, but a lot more time in class, and a lot of supports. So, for students who have an and individualized education plan or a 504 plan, special needs plans.

28 "Eric Endlich" (3534508288)

00:05:45.319 --> 00:05:54.659

They arrive at high school, and a lot of the services and accommodations are just sort of delivered or handed to them. There. They go to their.

29 "Eric Endlich" (3534508288)

00:05:54.659 --> 00:06:06.509

Learning resource class, they are pulled out for speech therapy. They have accommodations built in the classroom and aid in the classroom and.

30 "Eric Endlich" (3534508288)

00:06:06.509 --> 00:06:22.919

This is partly due to the laws that govern K through 12 education, the law, which puts the burden on the school to make sure that students succeed. Okay. So the burden's on the school district to make sure that students are making effective progress.

31 "Eric Endlich" (3534508288)

00:06:22.919 --> 00:06:42.919

And so, students get those services again, sort of delivered to them without the student, having to be particularly active in college. It's almost the mirror image of that where there's relatively few hours in class students may have a day or more than 1 day a week where they have no classes at all.

32 "Eric Endlich" (3534508288)

00:06:42.919 --> 00:06:54.209

They have the whole day for you to do what they want, but that the amount of assignment, the number of pages of reading, the length of

papers that are due, et cetera, tends to be much greater.

33 "Eric Endlich" (3534508288)

00:06:54.209 --> 00:06:59.099

And because that time is unstructured, there's a lot more burden on the student to.

34 "Eric Endlich" (3534508288)

00:06:59.099 --> 00:07:08.009

Kind of figure out how to structure their time and there are so many supports available in college and we're going to talk about that.

35 "Eric Endlich" (3534508288)

00:07:08.009 --> 00:07:19.619

But it is really incumbent on the student to step forward and access those supports, whether it is going to speak to the professor going to get a tutor or whatever. It might be getting their disability accommodations.

36 "Eric Endlich" (3534508288)

00:07:19.619 --> 00:07:23.309

Implemented and and there are laws that.

37 "Eric Endlich" (3534508288)

00:07:23.309 --> 00:07:27.959

Provide for disability accommodations in college, but the emphasis.

38 "Eric Endlich" (3534508288)

00:07:27.959 --> 00:07:33.779

On the law of the Americans with Disabilities Act is access that is that the student.

39 "Eric Endlich" (3534508288)

00:07:33.779 --> 00:07:40.739

The college needs to make the curriculum accessible to the student, but the burdens on the student.

40 "Eric Endlich" (3534508288)

00:07:40.739 --> 00:07:46.589

To access and, um, make the most of the curriculum and the experience.

41 "Eric Endlich" (3534508288)

00:07:46.589 --> 00:07:55.349

So, given that, what skills do students need to be successful in college? Well, I mentioned self awareness and self awareness means.

42 "Eric Endlich" (3534508288)

00:07:55.349 --> 00:08:03.239

In part, not just, you know, knowing what you're good at, but knowing where the areas that you're going to need help, are you going to need

support.

43 "Eric Endlich" (3534508288)

00:08:03.239 --> 00:08:19.319

For functioning socially in college or emotionally or academically, or with your living skills, or your time management, you've got to know those things about yourself that, you know, I'm a procrastinator. I'm not good at meeting deadlines.

44 "Eric Endlich" (3534508288)

00:08:19.319 --> 00:08:23.129

Or, um, I struggled to make friends.

45 "Eric Endlich" (3534508288)

00:08:23.129 --> 00:08:43.129

Or I have a tendency to get depressed whatever those issues are, if you don't know what they are, you're not going to be able to reach out and get help for those needs. So, that's kind of the 1st piece is, is knowing where you're going to need help and then, secondly, is seeking out that help when the time comes. And again.

46 "Eric Endlich" (3534508288)

00:08:43.129 --> 00:08:50.129

That could be going to the professor's office hours that could be going to the counseling center or meeting with your academic advisor.

47 "Eric Endlich" (3534508288)

00:08:50.129 --> 00:09:00.689

And if you need help, let's say, for mental health counseling for a health issue, it is typically up to the students to set those appointments.

48 "Eric Endlich" (3534508288)

00:09:00.689 --> 00:09:11.999

And they may be used to having their parents do that in high school, setting up appointments to see the doctor, the counselor, the dentist what have you somebody at school.

49 "Eric Endlich" (3534508288)

00:09:11.999 --> 00:09:29.309

But his students are living at college, they have to do all that on their own, and they also have to manage their time, keep their motivation up for the semester. So they don't, you know, kind of lose steam, manage their emotional reactions to disappointments. If things don't go, so well, academically or socially.

50 "Eric Endlich" (3534508288)

00:09:29.309 --> 00:09:37.109

Manage habits like social media use screen time, sleep, nutrition, exercise, all that stuff.

51 "Eric Endlich" (3534508288)

00:09:37.109 --> 00:09:45.779

Um, because of that, I wrote an article last year you can actually see the link on my Web site on the blog page.

52 "Eric Endlich" (3534508288)

00:09:45.779 --> 00:10:05.489

Called getting into college is the easy part. You know, I was saying, I found that. I was saying that to people so many times that people said, you know, I like that idea. You know, you should write about that, because I feel like in in the U. S, so much of the focus is on getting into college. What do I need to do to get in call it into college? What courses do I need to take?

53 "Eric Endlich" (3534508288)

00:10:05.489 --> 00:10:17.699

What do I need to write on my essay? What are college is looking for and that's all well and good, but all the students I work with get into college. That's not enough. I just read this week that after 8 years, 8 years.

54 "Eric Endlich" (3534508288)

00:10:17.699 --> 00:10:23.399

Only 60% of students in the U. S. have completed a degree or certificate.

55 "Eric Endlich" (3534508288)

00:10:23.399 --> 00:10:38.909

That's just barely over half and that's all students the rates for Neuro divergent students are undoubtedly lower than that. So, you've got to think about what do you need to do in order to get through to successfully get through college and get out with a degree.

56 "Eric Endlich" (3534508288)

00:10:38.909 --> 00:10:58.589

Uh, there was a survey by a company called the last year it's a 22% of students 1 in 5 students almost 1 and 4 don't even feel ready for college. And again, that's that's all students. That's not that's not students with learning differences, which are, who face additional challenges.

57 "Eric Endlich" (3534508288)

00:10:58.589 --> 00:11:14.369

So, I like to think about this concept of college capable versus college ready. If you got a child in high school, who is taking reasonably challenging courses, maybe honors courses, AP, IV, dual enrollment.

58 "Eric Endlich" (3534508288)

00:11:14.369 --> 00:11:28.739

Accelerated whatever they're called in your particular high school, and your, your kid is getting A's and B's getting pretty good grades. There's a good chance that they are going to be able to handle the rigour of college.

59 "Eric Endlich" (3534508288)

00:11:28.739 --> 00:11:34.889

The college curriculum that they won't be that they'll be able to handle the coursework per se.

60 "Eric Endlich" (3534508288)

00:11:34.889 --> 00:11:40.379

But being college ready means being able to handle independence if, unless you're going to live at home and.

61 "Eric Endlich" (3534508288)

00:11:40.379 --> 00:11:50.519

And go to community college if you're moving out, you have to be able to get along with the roommate and and do all that self advocacy stuff that I touched on earlier.

62 "Eric Endlich" (3534508288)

00:11:50.519 --> 00:12:11.929

So, at this point, you may be thinking, you know, geez my kid, it does struggle with this stuff. They're, they're not completely college ready. What am I supposed to do about that? Well, if your if your child's still in high school, you've still got time to work on self, advocacy and independent skills. And so, 1 way that, that.

63 "Eric Endlich" (3534508288)

00:12:11.929 --> 00:12:26.669

1, piece of that is for you, the parent to be gradually shifting the responsibility on to the student and gradually is the key word here. It's not simply saying to your kid okay. From now on, you make your own appointments. I have nothing to do with it.

64 "Eric Endlich" (3534508288)

00:12:26.669 --> 00:12:43.709

You may need to have your child sit with you while you make the phone call. So they can see how you do it, or you sit next to them while they're on the computer and show them how to access the website to schedule their own appointments, or explaining to them how to refill medication. And then having them start doing that.

65 "Eric Endlich" (3534508288)

00:12:43.709 --> 00:12:47.009

While you kind of go alongside them, or perhaps.

66 "Eric Endlich" (3534508288)

00:12:47.009 --> 00:12:56.849

Have them do it completely independently teaching them laundry having them they've got to be able to get themselves up for class in the morning. If they're not going to be living with you in college.

67 "Eric Endlich" (3534508288)

00:12:56.849 --> 00:13:16.849

You're not going to be there to wake them up. And so if they can't do that, they can't get up on time for school now, or shut off their computer or their video games and go to bed at a reasonable hour. Now, you've got to shift that to them during high school so that they have that skill built successfully mastered before they start college. You don't want college.

68 "Eric Endlich" (3534508288)

00:13:16.849 --> 00:13:22.559

To be the place where they're kind of jumping into the deep end and doing all this stuff for the 1st time.

69 "Eric Endlich" (3534508288)

00:13:22.559 --> 00:13:42.559

If you do, and it doesn't work out, you could have spent, you know, many thousands of dollars on tuition in vain and it is not only a waste of time and money, but it could be a huge blow to your child self esteem. If things don't work out, they got to be able to manage money, manage.

70 "Eric Endlich" (3534508288)

00:13:42.559 --> 00:13:54.179

They're eating habits, and they have to be able to do that again, self, advocacy with school staff. If they need to change a class, if they don't understand something if they are having trouble registering for classes.

71 "Eric Endlich" (3534508288)

00:13:54.179 --> 00:13:58.049

Or getting their accommodations, their disability accommodations.

72 "Eric Endlich" (3534508288)

00:13:58.049 --> 00:14:02.639

They need to be able to, um, self advocate with staff, as we talked about.

73 "Eric Endlich" (3534508288)

00:14:02.639 --> 00:14:22.639

Let me shift for a moment and talk about disclosure and I see this as as related to self advocacy. Because again, self advocacy is about knowing your needs and being able to speak up. So 1 question that comes up a lot in families I work with is should my child disclose their diagnosis when.

74 "Eric Endlich" (3534508288)

00:14:22.639 --> 00:14:35.399

Applying to college, if they're autistic, should they say that when they're applying to college and let me just say right off the bat. It is completely optional. So it is not required to disclose your diagnosis.

75 "Eric Endlich" (3534508288)

00:14:35.399 --> 00:14:46.379

So some students do some, don't I don't make that decision for my students, but I help them think the decision through colleges do not ask you on the application. Do you have disability?

76 "Eric Endlich" (3534508288)

00:14:46.379 --> 00:15:06.379

There might be a place on the application for some colleges that have a learning support program. There might be a place to check a box and say, you know, are you interested in learning more about this program? For example, the, the power program at Curry College in Massachusetts, the only reason they ask you that question is so they can direct you to the application for that program. If you check the box.

77 "Eric Endlich" (3534508288)

00:15:06.379 --> 00:15:10.619

Then, after you submit your application, which may be on the common app.

78 "Eric Endlich" (3534508288)

00:15:10.619 --> 00:15:29.939

Which is a platform that students use to apply to college, then after you've submitted your application, the college reaches out to you and says, hey, we understand you were interested in this learning support program. Here's the link to the application. They're not asking you that question in order to reject you on the basis of a disability.

79 "Eric Endlich" (3534508288)

00:15:29.939 --> 00:15:40.049

So, there's no reason to think that the disclosure is going to help you or hear you what I mean, by that is, if you do disclose, you don't get extra points for that. There's no quota.

80 "Eric Endlich" (3534508288)

00:15:40.049 --> 00:15:50.309

Where where colleges are saying, hey, we want to get more students with certain kinds of diagnoses. I'm sure there are programs that serve those students in some colleges.

81 "Eric Endlich" (3534508288)

00:15:50.309 --> 00:16:10.309

But there's no preferential treatment in admissions in the vast majority of cases. There may be 1 or 2 colleges in the country that that do take that into account. But in the vast majority cases, it doesn't necessarily help you right off the across the board. And conversely, there's no reason to think that.

82 "Eric Endlich" (3534508288)

00:16:10.309 --> 00:16:19.079

You're going to be discriminated against if you disclose it. In fact, it would be illegal for colleges to discriminate on the basis of disability. It would be a violation of.

83 "Eric Endlich" (3534508288)

00:16:19.079 --> 00:16:37.379

The Americans with disability act, not to say that illegal things never happened, but I have no evidence that, that that is an issue with students disclosing and being discriminated against. So it is entirely up to the student. So you may wonder then. So, how do I make that decision? How do I know if it's it's a good idea or not? Well.

84 "Eric Endlich" (3534508288)

00:16:37.379 --> 00:16:46.259

There's a particular sort of set of circumstances where I think it is a good idea to disclose. And that is where there is something in the application.

85 "Eric Endlich" (3534508288)

00:16:46.259 --> 00:17:06.259

That bears explanation, you don't want to submit an application with something that's sort of unusual and have colleges scratching their heads college admissions officers, looking at your transcript and saying, what's that? All about? How come you didn't have a foreign language how come your grade suddenly went up or down? Looks like you skipped us.

86 "Eric Endlich" (3534508288)

00:17:06.259 --> 00:17:10.919

What was going on with that? You changed schools? We don't understand this.

87 "Eric Endlich" (3534508288)

00:17:10.919 --> 00:17:16.499

If you don't explain that, then colleges are going to fill in the blanks on their own. So.

88 "Eric Endlich" (3534508288)

00:17:16.499 --> 00:17:36.499

I have, those are all real examples that I've had students, you know, change course change schools, have grades, go up or down, have periods of time with. They weren't in school have courses that aren't on their

transcript, like foreign languages. And it's a student can simply say, you know, because of this issue, I have a foreign language disability waiver.

89 "Eric Endlich" (3534508288)

00:17:36.499 --> 00:17:50.579

I got diagnosed in the middle of high school, and I started getting disability accommodations and that's why my grades went up because I finally had the extra time. I needed on tests to address my slow processing speed.

90 "Eric Endlich" (3534508288)

00:17:50.579 --> 00:18:00.659

So, if you explain those things, then often that will that can be reassuring to colleges that it's not this kind of strange mystery when they look at your transcript.

91 "Eric Endlich" (3534508288)

00:18:00.659 --> 00:18:10.979

So, I think that can often be a positive thing and there is a place on the common app where you can provide additional information. You don't have to put this into the essay.

92 "Eric Endlich" (3534508288)

00:18:10.979 --> 00:18:30.979

There is what we call the additional information section. It's at the very end of the application where there's a question, essentially ask you is there anything else you want to share with us with the colleges that you're applying to? And if you check yes. To that question, it opens up a whole text box of up to 650 words where you can provide any information.

93 "Eric Endlich" (3534508288)

00:18:30.979 --> 00:18:35.489

You choose in addition to what else you have on the application.

94 "Eric Endlich" (3534508288)

00:18:35.489 --> 00:18:46.019

And that can be, you know, information that's positive about some thing that didn't fit elsewhere on the application, or explaining something that your concern might appear to be negative.

95 "Eric Endlich" (3534508288)

00:18:46.019 --> 00:18:57.059

And my students who have done, this have been very successful, for example, on the foreign language issue. And this comes up a lot like, in the Facebook group by Co manage.

96 "Eric Endlich" (3534508288)

00:18:57.059 --> 00:19:02.669

Parents saying, oh, my kids isn't taking a foreign language that mean they can't get into college. I have a student this year.

97 "Eric Endlich" (3534508288)

00:19:02.669 --> 00:19:07.769

Who is going to a flagship State University in the fall that says right on the Web site.

98 "Eric Endlich" (3534508288)

00:19:07.769 --> 00:19:17.789

Fire for, just for 24 inches in high school, he explained it on his application. He still got in anyways. So not to worry.

99 "Eric Endlich" (3534508288)

00:19:17.789 --> 00:19:27.809

So, that's the sort of explaining an issue, uh, aspect of disclosure, but there's a whole separate reason why students may want to disclose.

100 "Eric Endlich" (3534508288)

00:19:27.809 --> 00:19:32.999

I call this identity focus disclosure I just made up that term. You can call it something else.

101 "Eric Endlich" (3534508288)

00:19:32.999 --> 00:19:38.729

And that is where students feel like their autism or their disabilities.

102 "Eric Endlich" (3534508288)

00:19:38.729 --> 00:19:43.409

Are a key part of their identity that they want to share with colleges.

103 "Eric Endlich" (3534508288)

00:19:43.409 --> 00:20:03.409

So when when you're planning to college, you're sending them a transcript, you're sending them a bunch of things, possibly test scores, let us recommendation. And then there's typically, in many cases, an essay that you write, or more than 1 essay and the purpose of that is to help colleges. Understand who are you, what.

104 "Eric Endlich" (3534508288)

00:20:03.409 --> 00:20:25.669

What makes you stand out from other students? Great. You're a straight a student. We have a whole bunch of students who are applying who are also straight a students, but what's unique about you we want to know who we're kind of potentially admitting or not admitting and many of my students feel that their autism is a central part of their identity that they want to share and so they write about it in their essay. They're proud of.

105 "Eric Endlich" (3534508288)

00:20:25.669 --> 00:20:36.419

That they want to talk about the challenges that they've addressed, they want to talk about their disability advocacy, their interest in neuroscience, whatever it might be.

106 "Eric Endlich" (3534508288)

00:20:36.419 --> 00:20:56.419

And they have done very well student. My students have gone into, you know, some very selective colleges despite or perhaps, because of writing about that in their essay. So, you don't need to worry that if you put that out there that that's going to be somehow, the kiss of death students have done very well and they've done that.

107 "Eric Endlich" (3534508288)

00:20:56.419 --> 00:21:11.549

But students can write about whatever they want, and I work with my students to come up with a topic. That makes sense for them. I don't tell them what they should write about. There isn't really a good or bad topic per se. It's really how you write about it not so much what you write about.

108 "Eric Endlich" (3534508288)

00:21:11.549 --> 00:21:22.079

So, we've talked about applying during the, uh, disclosing during the application. What about after you get in? Well, that's a whole separate kind of.

109 "Eric Endlich" (3534508288)

00:21:22.079 --> 00:21:37.649

A period of time that needs to be thought of differently. So once you've selected your college and you've put down that enrollment deposit and you've gotten your ID number, your student ID and your student email address, now you're officially a.

110 "Eric Endlich" (3534508288)

00:21:37.649 --> 00:21:46.889

A student of that college and maybe it's maybe it's May of senior year in high school or June and you're not even going to start until August. Um.

111 "Eric Endlich" (3534508288)

00:21:46.889 --> 00:21:56.159

Still, as soon as you are officially a student, I incurred officially, you know, a college enrolled college student, though you're not going to start until the fall.

112 "Eric Endlich" (3534508288)

00:21:56.159 --> 00:22:05.399

I encourage students to reach out to disability services to start the wheels turning to get your disability accommodations, assuming that you are going to need some.

113 "Eric Endlich" (3534508288)

00:22:05.399 --> 00:22:25.399

Because you have to disclose to get those accommodations. In other words, an instructor cannot accommodate a disability that they don't know about. If you haven't told them that I have this diagnosis, and I need extra time on tests, or I need to be able to bring my laptop to class or get your professor's notes, whatever the.

114 "Eric Endlich" (3534508288)

00:22:25.399 --> 00:22:45.399

Is they can't be expected to do that? If they haven't gotten the information that you have a disability? And by the way you don't have to tell professors what the disability is, or what the diagnosis is. You do have to tell the disability services office, but they keep the information confidential and professors don't need to know the, the.

115 "Eric Endlich" (3534508288)

00:22:45.399 --> 00:22:48.749

Details they just need to know what your accommodations are.

116 "Eric Endlich" (3534508288)

00:22:48.749 --> 00:23:08.749

So, you've got to you want to reach out to disability services, offices, early in the process and at many colleges, the student needs to to approach every instructor every term to get those accommodations doesn't work that way at all colleges. But many colleges do work that way. Where you, you.

117 "Eric Endlich" (3534508288)

00:23:08.749 --> 00:23:28.749

The student get this list of accommodations that you've been approved for and every time you have a new class, you go to the instructor and say, Here's my list of accommodations and ideally they would get that list and say, okay, no problem. It's possible that they would have an issue with some of them in which case, you know, you will have to self advocate and.

118 "Eric Endlich" (3534508288)

00:23:28.749 --> 00:23:35.159

Deal with that, um, that challenge but, uh, that's fairly infrequent.

119 "Eric Endlich" (3534508288)

00:23:35.159 --> 00:23:46.019

So, I want to talk a little bit about the application process. I surveyed parents.

120 "Eric Endlich" (3534508288)

00:23:46.019 --> 00:23:56.639

And over, I, I created a survey in over 70 parents of autistic students responded as far as, what are they, what are the challenges that they experience in the college application process?

121 "Eric Endlich" (3534508288)

00:23:56.639 --> 00:24:15.929

And most of them, the number 1 reason at the number 1 challenge is finding autism support or disabilities support in college by far, far away. That was the biggest concern and challenge in the application process. Unfortunately, that's a key part of what we help with. And I'll come back to that shortly.

122 "Eric Endlich" (3534508288)

00:24:15.929 --> 00:24:21.719

Of course, you know, building the college list, getting the essays done, all the work involved and so on.

123 "Eric Endlich" (3534508288)

00:24:21.719 --> 00:24:41.719

Then, what comes to choosing colleges figuring out where should we apply? I asked them, you know, what are the top factors for you and of the top 4 factors. 2 of them are related to disability executive, functioning support. That's students managing their time, staying organized, meeting deadlines. And, uh.

124 "Eric Endlich" (3534508288)

00:24:41.719 --> 00:24:58.079

Quality of disability services available in college, so 2 out of the top 4 things had to do with concerns related to disability and right there in blue, you see a link to the database of Neuro diversity, friendly colleges that we have on our website. It's over 200 colleges.

125 "Eric Endlich" (3534508288)

00:24:58.079 --> 00:25:04.679

Most of them with autism support or learning, support programs, or other types of.

126 "Eric Endlich" (3534508288)

00:25:04.679 --> 00:25:10.799

Additional supports like a Neuro diversity club or not system club.

127 "Eric Endlich" (3534508288)

00:25:10.799 --> 00:25:24.749

And you can, it's because of the database, you can sort, for example, by state, if you say, well, I live in Texas and New Jersey, and I just want a list of colleges in my state. You can sort by states you don't have to scroll through the whole list.

128 "Eric Endlich" (3534508288)

00:25:24.749 --> 00:25:30.779

I also have on the list on the, in the database. How much these programs cost, if you're wondering well.

129 "Eric Endlich" (3534508288)

00:25:30.779 --> 00:25:33.869

Was that going to cost above and beyond, um.

130 "Eric Endlich" (3534508288)

00:25:33.869 --> 00:25:37.589

Tuition and we'll come back to that, uh, briefly.

131 "Eric Endlich" (3534508288)

00:25:37.589 --> 00:25:42.089

So we talked about buildings.

132 "Eric Endlich" (3534508288)

00:25:42.089 --> 00:25:50.249

Excuse me, we talked about building self advocacy in high school, in terms of kind of building the skills that students need for college.

133 "Eric Endlich" (3534508288)

00:25:50.249 --> 00:25:56.189

In addition to you, the parent kind of shifting responsibility on to the kids.

134 "Eric Endlich" (3534508288)

00:25:56.189 --> 00:26:07.439

Students can work with their counselor at school. You can hire a private counselor to help them build skills that they need to. You can get an academic coach or an executive function coach so that they.

135 "Eric Endlich" (3534508288)

00:26:07.439 --> 00:26:15.299

Become better at time management and learn about tools that they can use to be more successful and independent in college.

136 "Eric Endlich" (3534508288)

00:26:15.299 --> 00:26:28.409

That's something that you can do in high school you can do in college. My feeling is why not start now start building those skills and continue as long as you need to. You can also continue that after college in adulthood.

137 "Eric Endlich" (3534508288)

00:26:28.409 --> 00:26:34.529

There's plenty of adults who have executive function coaches, you don't have to stop when you get out of school.

138 "Eric Endlich" (3534508288)

00:26:34.529 --> 00:26:49.979

And you might find courses for them such as a personal finance courses in high school that are also going to help them build some useful skills for being independent. And there may be summer programs. Well, there are some of our programs with that.

139 "Eric Endlich" (3534508288)

00:26:49.979 --> 00:27:02.669

Kids with college readiness skills, and we often are directing our students to those programs to start building college readiness in high school. So that they are as ready as possible when they.

140 "Eric Endlich" (3534508288)

00:27:02.669 --> 00:27:13.919

When they get to college in addition to a summer program, which might be 2 or 3 weeks, you could spend a whole year working on college readiness. So.

141 "Eric Endlich" (3534508288)

00:27:13.919 --> 00:27:19.319

Typically, you have the option to take a year between high school and college.

142 "Eric Endlich" (3534508288)

00:27:19.319 --> 00:27:26.399

And enroll in a college readiness program, there are, in fact, programs specifically for neuro divergent students.

143 "Eric Endlich" (3534508288)

00:27:26.399 --> 00:27:35.069

To help them become college ready and I have a link towards the end of the presentation to something relevant to this program that we did.

144 "Eric Endlich" (3534508288)

00:27:35.069 --> 00:27:52.919

Recently on that, and often families are unclear about how this whole gap here thing works. So typically, I would encourage students in senior year of high school in the fall to apply to college. Just like any other student who's applying to college.

145 "Eric Endlich" (3534508288)

00:27:52.919 --> 00:28:12.919

Even if they're planning to take a gap here, go ahead and apply in senior year, you get your acceptance. And then you tell the college. Thank you. I'm thrilled. I can't wait to start, but I want to be really ready for college. So, I'm going to be doing a gap year program to build skills next year and I want to start not in the fall.

146 "Eric Endlich" (3534508288)

00:28:12.919 --> 00:28:32.919

After senior year of high school, but a year from the fall a year later, and most colleges, that are totally fine with you deferring. In fact, there's a handful of colleges that actually give financial incentives to students to take a gap here. Because it's been shown that students who take gap years tend to be more likely to.

147 "Eric Endlich" (3534508288)

00:28:32.919 --> 00:28:52.919

To wait, college on time, have better GPAs to be more focused on knowing what they want to do. So, there's a lot of advantages to taking a gap here. You don't have to pay for a formal program during gap here. In fact, you could work all year. And save money for college, so lots of things you could do in in that gap here and typically.

148 "Eric Endlich" (3534508288)

00:28:52.919 --> 00:29:03.089

You know, a year later, you're going to be more mature. You're going to have better organizational skills, just because your brain is a year older, and it's continued to develop.

149 "Eric Endlich" (3534508288)

00:29:03.089 --> 00:29:16.049

So, there's, there's a lot of advantages, but let's say, you're still, you're going on to college and you haven't done those things or maybe you have and you still need to improve your skills.

150 "Eric Endlich" (3534508288)

00:29:16.049 --> 00:29:31.319

You can still build them in college. I don't want to give the impression that students have to be 100% college ready or have mastered every skill that I've listed in some articles in order to go to college.

151 "Eric Endlich" (3534508288)

00:29:31.319 --> 00:29:42.119

That's what these support programs are for in college to help students succeed. So, get involved in a learning support program or a wellness living, learning community.

152 "Eric Endlich" (3534508288)

00:29:42.119 --> 00:29:47.069

Work with the counselor while you're in college work with your advisors tutors.

153 "Eric Endlich" (3534508288)

00:29:47.069 --> 00:30:07.069

I'll say more about these, in a minute, if you're wondering, well, what is a learning support program so I think of support levels

supporting colleges having 3 levels, these are not official levels that you'll see on college websites. It's just a rough way to sort of categorize colleges based on. What do they offer so, in the U. S.

154 "Eric Endlich" (3534508288)

00:30:07.069 --> 00:30:23.519

Pretty much any college your child is likely to apply to is going to have a disability services office and they're going to offer disability accommodations, such as extra time on tests, taking tests in distraction, reduced environments.

155 "Eric Endlich" (3534508288)

00:30:23.519 --> 00:30:41.489

Bringing a laptop to class, getting the professor's recordings of lectures, et cetera. Um, assistive, technology speech to text text to speech. There's lots and lots of disability accommodations. Not. All of them are academics. Some of them could be in housing or dining hall.

156 "Eric Endlich" (3534508288)

00:30:41.489 --> 00:30:58.109

But that's the basic level that all colleges for the most part offer. So if you go on a college tour, and you hear about their disability services office and all the accommodations they provide, you may think wow, that sounds great. This college sounds fantastic, but that's.

157 "Eric Endlich" (3534508288)

00:30:58.109 --> 00:31:06.869

Pretty much the same thing you'll find at any college so don't be thrown off by that. Some colleges moving on to level 2.

158 "Eric Endlich" (3534508288)

00:31:06.869 --> 00:31:26.129

Offer an additional service, like, academic coaching or executive function coaching. It may be free. It may be an additional cost in many cases. Those additional services are free but not always. But I'm talking about, you know, 1 or 2, standalone services sort of all a cart services. If you will.

159 "Eric Endlich" (3534508288)

00:31:26.129 --> 00:31:44.159

And then, and that's great if they have academic coaching and that's all your child needs to survive to thrive in college they don't need a whole bunch of other services then that college could be a good option for them. But some students need something more comprehensive. They really need a lot of support to succeed in college.

160 "Eric Endlich" (3534508288)

00:31:44.159 --> 00:31:53.819

And that's where a comprehensive autism support program, or a learning

support program comes in. That is a program that offers not just academic coaching.

161 "Eric Endlich" (3534508288)

00:31:53.819 --> 00:32:07.289

But maybe a support group may be a priority registration. Maybe some living skills or housing support a variety of.

162 "Eric Endlich" (3534508288)

00:32:07.289 --> 00:32:12.749

Components to that support program and not just 1:1:service.

163 "Eric Endlich" (3534508288)

00:32:12.749 --> 00:32:32.749

Those programs tend to be an additional fee, but they can be really life changing. It can really be a game changer for students in terms of succeeding. And again you can see a list of which colleges offer those programs on our website. And there are several ways to obtain support and college. So I just talked about different levels.

164 "Eric Endlich" (3534508288)

00:32:32.749 --> 00:32:36.959

Support there's also different ways to get support in college.

165 "Eric Endlich" (3534508288)

00:32:36.959 --> 00:32:45.209

What do I mean, by that? Well, I talked about learning support programs right that up there, I think is a link to our database.

166 "Eric Endlich" (3534508288)

00:32:45.209 --> 00:32:49.079

So many of those programs have an additional cost.

167 "Eric Endlich" (3534508288)

00:32:49.079 --> 00:32:59.909

It's often several 1000 dollars I do have the costs listed in our database if you're wondering, like, well, this, this sounds great, but how much is going to cost me? You can see that on the website.

168 "Eric Endlich" (3534508288)

00:32:59.909 --> 00:33:08.369

But what I like about these support programs is that the services are provided by the college. So they're coordinated. The people who are providing the services.

169 "Eric Endlich" (3534508288)

00:33:08.369 --> 00:33:17.759

Know the college, they know the staff, they know how the course registration works, so they can give very relevant.

170 "Eric Endlich" (3534508288)

00:33:17.759 --> 00:33:23.219

Advice to the student, you need to reach out to this office. Here's how this works at our college.

171 "Eric Endlich" (3534508288)

00:33:23.219 --> 00:33:37.079

If it's an autism support program, there's likely to be a social component. So the learning support programs don't necessarily have them the ones that are for all students with learning differences like ADHD, dyslexia, learning disabilities.

172 "Eric Endlich" (3534508288)

00:33:37.079 --> 00:33:54.479

Those programs may, or may not have a social component, but if it's called an autism support program, you know, spectrum navigators a whole bunch of autism support programs, those do typically have a social piece might be social skills. Workshops might be social events and.

173 "Eric Endlich" (3534508288)

00:33:54.479 --> 00:33:59.399

What kind of program your child needs? Depends on what support they need.

174 "Eric Endlich" (3534508288)

00:33:59.399 --> 00:34:19.399

Right. So just because you're autistic doesn't mean you need an autism support program, maybe you struggle socially, and you would benefit from those programs. Maybe you don't maybe all you need again is that academic coaching so our college lists are very tailored to each student. It isn't 1 size fits all if somebody reaches out to me.

175 "Eric Endlich" (3534508288)

00:34:19.399 --> 00:34:25.859

You know, through the Facebook group, or through email and says, oh, my child's autistic. What colleges do you recommend?

176 "Eric Endlich" (3534508288)

00:34:25.859 --> 00:34:29.639

That's you know, that's like saying, where do you recommend? I go.

177 "Eric Endlich" (3534508288)

00:34:29.639 --> 00:34:36.449

To eat for dinner, or where should I go on vacation? It really depends on your individual needs and preferences.

178 "Eric Endlich" (3534508288)

00:34:36.449 --> 00:34:40.109

So, lots of factors that go into building the list.

179 "Eric Endlich" (3534508288)

00:34:40.109 --> 00:34:48.899

And these support programs typically provide support throughout college. There are some that are only for the 1st year, but many of them go throughout college.

180 "Eric Endlich" (3534508288)

00:34:48.899 --> 00:35:04.709

So, remember, I said a couple of slides ago, there are many ways to get support. So learning support program is just 1 way another way that your child can get support is to find support outside of the college. Maybe maybe they have their heart set on a college.

181 "Eric Endlich" (3534508288)

00:35:04.709 --> 00:35:24.709

That doesn't offer any special bells and whistles. Maybe it's the 1 that's closest to home or the 1 where they got the best scholarship or the 1 that offers the major that they really want. And it just doesn't happen to offer autism support program. That's okay. You can hire your own private executive function coach if you need that you hire your own private therapist.

182 "Eric Endlich" (3534508288)

00:35:24.709 --> 00:35:33.569

Your own medication prescriber there are some comprehensive support programs that will work with students at any college. Some of them.

183 "Eric Endlich" (3534508288)

00:35:33.569 --> 00:35:41.369

We'll provide in person support if you happen to be located near them. Some of them will provide virtual support anywhere in the country.

184 "Eric Endlich" (3534508288)

00:35:41.369 --> 00:36:01.369

And then, finally, for the students who need the highest level of support there are what? I call residential support programs meaning that the student lives in the program not at the college that they live at the program and these programs are located near colleges. So, they're located in cities that have a nearby college student.

185 "Eric Endlich" (3534508288)

00:36:01.369 --> 00:36:07.949

I visited 1 a few months ago where the college was across the street, so.

186 "Eric Endlich" (3534508288)

00:36:07.949 --> 00:36:16.229

The student lives at the program, the staff live at the program, the student has access to staff right there. They might have meals

together.

187 "Eric Endlich" (3534508288)

00:36:16.229 --> 00:36:35.159

They can walk right over to the office and talk to the staff Super supportive situation and they attended here by college, and they are living with the cohort of peers who have the same challenges they do. Right? So, they're living with other Neuro divergent students who are also struggling and needing support.

188 "Eric Endlich" (3534508288)

00:36:35.159 --> 00:36:55.159

And, you know, if you're wondering, like, what's the catch sounds great. These programs tend to be extremely expensive. So this is the most expensive option, and they are unfortunately out of the reach of many families that being said, it's important to look at the public benefits to your child might have access to such as vocational rehabilitation in.

189 "Eric Endlich" (3534508288)

00:36:55.159 --> 00:37:00.479

Or state, I can't name specific agencies because at various state by state.

190 "Eric Endlich" (3534508288)

00:37:00.479 --> 00:37:05.909

But I know states where some public agencies will pay for.

191 "Eric Endlich" (3534508288)

00:37:05.909 --> 00:37:09.569

These programs fees, so getting those.

192 "Eric Endlich" (3534508288)

00:37:09.569 --> 00:37:16.919

Public benefits supports, can make some of these programs affordable to families that wouldn't otherwise be able to pay for them.

193 "Eric Endlich" (3534508288)

00:37:16.919 --> 00:37:28.289

So, again, remember, I said there's lots of ways to get support, right? Within the college outside of the college even if you're going to just a run of the mill college with no special support programs.

194 "Eric Endlich" (3534508288)

00:37:28.289 --> 00:37:48.289

There are lots and lots of supports available in college for the student, who can self advocate for the student, who can reach out get their the support they need most colleges will have faculty office hours where they can talk to the professor outside of class and clarify things that they're struggling with or get some.

195 "Eric Endlich" (3534508288)

00:37:48.289 --> 00:37:56.849

You know, getting started with that big project or paper. There is frequently free peer tutoring. No cost to students.

196 "Eric Endlich" (3534508288)

00:37:56.849 --> 00:38:13.500

That is provided by upperclassmen who did really well in that subject not just any random student, but a student who is very strong in that subject. That is a very, very common service available in colleges. Some colleges also offer professional tutoring, which may, or may not be at an additional cost.

197 "Eric Endlich" (3534508288)

00:38:13.500 --> 00:38:33.500

There's going to be an academic advisor, a mental health counseling center, career center, residents assistance in the residence hall clubs. You may wonder what a clubs have to do with support. Well, there are mental health clubs and there's a whole chain of them called active minds. Many colleges have autism or.

198 "Eric Endlich" (3534508288)

00:38:33.500 --> 00:38:38.340

Diversity clubs where students can get emotional and social support from each other.

199 "Eric Endlich" (3534508288)

00:38:38.340 --> 00:38:47.850

If you're going to a college that doesn't have a narrow diversity club start 1. I love to see students start them. And in fact, there's a couple of resources.

200 "Eric Endlich" (3534508288)

00:38:47.850 --> 00:38:56.610

That can help students start these clubs, which I'm happy to provide is I just had a student ask me about this.

201 "Eric Endlich" (3534508288)

00:38:56.610 --> 00:39:13.650

Uh, librarians, you know, so many resources available colleges to students who self advocate, you can create a steady group in your class of peers, who will help you master the material. And, of course, let's not forget disability services offices at virtually every college.

202 "Eric Endlich" (3534508288)

00:39:13.650 --> 00:39:21.570

Who will help you get the accommodations you need and in many cases go above and beyond that and help you figure things out and be successful

in college.

203 "Eric Endlich" (3534508288)

00:39:21.570 --> 00:39:27.510

So, I mentioned that survey where I surveyed 70+parents of autistic students.

204 "Eric Endlich" (3534508288)

00:39:27.510 --> 00:39:31.920

When I asked them, what do you think are the most important resources in college that.

205 "Eric Endlich" (3534508288)

00:39:31.920 --> 00:39:35.910

Top 3 that they mentioned disabilities services center.

206 "Eric Endlich" (3534508288)

00:39:35.910 --> 00:39:42.570

Academic coaching and autism support program and by now, I think, you know, what all of those are cause I've talked about them.

207 "Eric Endlich" (3534508288)

00:39:42.570 --> 00:39:54.330

So, parents feel most, you know, half or more parents feel that those, those are the key resources in college. So, what are the big takeaways from all of this?

208 "Eric Endlich" (3534508288)

00:39:54.330 --> 00:40:02.550

Start thinking about college readiness in high school what are the skills? My child might need to master in order to be successful in college.

209 "Eric Endlich" (3534508288)

00:40:02.550 --> 00:40:05.790

Work on those skills now in high school.

210 "Eric Endlich" (3534508288)

00:40:05.790 --> 00:40:24.690

And come up with a plan to continue getting the support and continue refining those skills after high school, whether it's in a summer program, a gap year program, or during college this is a list of a bunch of different resources you can find on the top college consultants dot com website.

211 "Eric Endlich" (3534508288)

00:40:24.690 --> 00:40:28.950

An article about college readiness about disclosing.

212 "Eric Endlich" (3534508288)

00:40:28.950 --> 00:40:48.950

Et cetera, list of questions to ask if you want to interview the student disability services office, which I think is a great thing to do when your touring colleges are database that I mentioned, I've got 1 of the newest resources I've created is a list of autism scholarships and internships, both for high school students and college.

213 "Eric Endlich" (3534508288)

00:40:48.950 --> 00:40:54.480

So, I'm just collecting any resource I learn about and throwing it on to that list.

214 "Eric Endlich" (3534508288)

00:40:54.480 --> 00:40:59.790

And I'm updating that list because there are deadlines. So that list is constantly evolving.

215 "Eric Endlich" (3534508288)

00:40:59.790 --> 00:41:19.790

Gap your programs that's actually a recorded webinar. I mentioned that there are gap programs for Neuro, divergent students. We interviewed several of them and you can learn about them in that recording that YouTube recording and then another YouTube recording on our YouTube channel is a. Q, and a, with support programs for diversion students that's my email address.

216 "Eric Endlich" (3534508288)

00:41:19.790 --> 00:41:26.550

Again, thank you so much for coming today. I would love to hear what your questions are.

217 "Sanko, Michelle" (55816448)

00:41:40.270 --> 00:41:46.560

Thank you Dr, at this point, I don't see any questions in our.

218 "Sanko, Michelle" (55816448)

00:41:46.560 --> 00:41:51.720

So so if it's okay with you, since we do, have your.

219 "Sanko, Michelle" (55816448)

00:41:51.720 --> 00:42:11.720

Contact information posted, I can close up and then hopefully, you'll see some traffic on your website and your Facebook group because I know just listening. This isn't very valuable for me to hear. So I can share with my customers as well. Do you have any last minute? Anything that you wanted to add prior to me.

220 "Sanko, Michelle" (55816448)

00:42:11.720 --> 00:42:15.269

Finishing finishing up.

221 "Eric Endlich" (3534508288)

00:42:15.269 --> 00:42:26.700

Well, you know, I just want to say, I love doing this work. I love working with these students and, you know, I know it's very scary. It's a stressful program for many students and parents.

222 "Eric Endlich" (3534508288)

00:42:26.700 --> 00:42:31.860

Worrying am I going to get into college? Am I going to fit in? Am I going to make friends?

223 "Eric Endlich" (3534508288)

00:42:31.860 --> 00:42:35.910

Um, we see students thriving, so.

224 "Eric Endlich" (3534508288)

00:42:35.910 --> 00:42:44.550

Often students not only get to college, but they actually have a better experience in college than they did in high school because.

225 "Eric Endlich" (3534508288)

00:42:44.550 --> 00:43:02.100

It's easier for them to find their people to find a peer group and to dive into the subject that they're really passionate about. So, artistic students tend to have, you know, so called special interests. We, we often have things that we're passionate about for me, autism and college or 2 of my passions.

226 "Eric Endlich" (3534508288)

00:43:02.100 --> 00:43:09.300

And in college, you can really dive in and do a much deeper dive than you can in in high school. So.

227 "Eric Endlich" (3534508288)

00:43:09.300 --> 00:43:13.320

I just want to say, you know, if you're worried about college.

228 "Eric Endlich" (3534508288)

00:43:13.320 --> 00:43:33.320

Students can have an amazing experience, and have great careers after that. Of course, college isn't for everyone. So if you're on the fence about it, there's lots of other options and you don't have to go to college straight from high school. You can go to college at any point in life and you can have a successful career without college, too.

229 "Eric Endlich" (3534508288)

00:43:33.320 --> 00:43:38.820

But, but I love working with students who want to make this

transition.

230 "Sanko, Michelle" (55816448)

00:43:42.125 --> 00:44:02.480

Awesome, thank you. And thanks to everyone else as well for being here today. And thank you for attending. Thank you doctor for providing some wonderful information. If you do have questions about therapies, or any of the topics discussed today or anything that we're unable to answer to the time, please contact the oxygen team by calling.

231 "Sanko, Michelle" (55816448)

00:44:02.480 --> 00:44:20.820

Number on the back of your insurance card, and again, the recording will be available online once it is finalized the W. W. W. dot com. Backslash autism. And then please be sure to mark your calendars to join us next month on Thursday may 9th where we'll be discussing values, driven couples and families.

232 "Sanko, Michelle" (55816448)

00:44:20.820 --> 00:44:25.290

Thanks everyone I hope you have a great day.

233 "Eric Endlich" (3534508288)

00:44:25.290 --> 00:44:28.752

Thank you.