Questionnaire to Help Students Assess Accommodations and Support they may Need in College

Strengths, Challenges and Disability Information

My strengths and interests are:

I am thinking about or plan to major in:

Some things that are challenging for me in classes are:

Here is a description of my learning, attention related, physical and/or mental health condition(s) and how it impacts me:

I get distracted by these auditory or visual distractions in class, when studying or taking tests:

In the past I have used these accommodations and supports. The things that have helped are:

I think I will need the following accommodations in college:
Stress and Anxiety

I get stressed or anxious about:

Some coping mechanisms that reduce my stress or anxiety include:

Time Management/Organization Issues

Some strengths and/or challenges I have organizing my time are:

The planner or organizational system I have used is:

Here’s how it has worked... or not:

Other things:

Describe any consideration with managing the medical and/or physical aspects of your disability such as need for medication refills, doctor or counselor near the college or university, transportation assistance or accommodations in a housing setting:

If there is other information you would like to share, please add it here: