



What SMU Students with Autism Want You to Know: New Supports, Real Advice



THIS WEEK

STARTING COLLEGE CAN FEEL OVERWHELMING, ESPECIALLY WHEN YOU'RE NAVIGATING SOCIAL, SENSORY, AND HISTORICAL ACADEMIC SYSTEMS THAT WEREN'T DESIGNED WITH YOU IN MIND. THAT'S WHY DISABILITY ACCOMMODATIONS AND SUCCESS STRATEGIES (DASS) CREATED A NEW AUTISM RESOURCE WEBSITE WHICH WAS SHAPED DIRECTLY BY INTERVIEWS WITH SMU STUDENTS WITH AUTISM.

THEY SHARED WHAT WORKED, WHAT DIDN'T, AND WHAT WOULD HAVE HELPED EARLIER. HERE'S WHAT THEY WANT YOU TO KNOW:



DO & DON'T

Support Area	Do	Don't
Academic Strategy	<ul style="list-style-type: none">✓ Use weekly and semester planners✓ Try tutoring, study groups, and note-taking tools	<ul style="list-style-type: none">✗ Don't assume high school success = college readiness✗ Don't underestimate college workload
Social & Emotional Life	<ul style="list-style-type: none">✓ Attend community events✓ Use roommate matching✓ Join groups	<ul style="list-style-type: none">✗ Don't isolate✗ Don't feel pressure to socialize <i>too much</i>
Sensory & Environment	<ul style="list-style-type: none">✓ Communicate about sensory needs early (fire drills, noise, food options)✓ Use quiet study spots and fidget tools	<ul style="list-style-type: none">✗ Don't avoid dining solutions explore options✗ Don't wait to ask about accommodations
Communication & Advocacy	<ul style="list-style-type: none">✓ Request in-person over email if needed✓ Ask for clear info and questions	<ul style="list-style-type: none">✗ Don't assume vague info is enough, clarify!✗ Don't delay in reaching out for help
Mental Health & Self-Care	<ul style="list-style-type: none">✓ Use peer mentoring as a low-pressure support option✓ Schedule downtime and stick to routines	<ul style="list-style-type: none">✗ Don't overcommit✗ Don't ignore early signs of burnout

NEW! VISIT THE SMU ASD SUPPORT WEBSITE



ALL OF THE STRATEGIES ABOVE – PLUS GUIDES, PLANNERS, SENSORY TOOLS, AND STUDENT TIPS ARE NOW AVAILABLE ON OUR NEW AUTISM-SPECIFIC RESOURCE PAGE, BUILT FROM REAL STUDENT FEEDBACK.

➡ EXPLORE NOW AT: [ASD WEBSITE](#)

YOU DON'T HAVE TO FIGURE IT ALL OUT ALONE AND YOU DON'T HAVE TO DO IT THE "TYPICAL" WAY. START BUILDING YOUR COLLEGE EXPERIENCE YOUR WAY.

