



## ***Checklist for Getting Started Using Disability Accommodations at UChicago***

Being a self-advocate at UChicago.

You are not alone as a College student with a disability. Over 6% of College students are registered with SDS with a broad range of disabilities including, learning disabilities, ADHD, psychological and medical conditions, and Autism. Many of these disabilities are not obvious and you may wonder how it will work to discuss your access needs with your professors. Being a self-advocate is an important skill in college and beyond. Self-advocacy involves being able to communicate your needs, [understanding your rights and responsibilities in the accommodation process](#), problem solving, and utilizing support systems. The SDS staff will be a resource to you in the development of effective self-advocacy skills as you progress through UChicago.

### **Requesting Disability Accommodations and Services**

- Complete the Request for Accommodations Form via the [AIM Student Portal](#)
- Submit current disability documentation that meets [SDS documentation guidelines](#)
- Submit supporting information such as verification of the use of accommodations in high school such as 504 Plan or IEP and SAT/ACT accommodation approval forms.
- Schedule a phone intake meeting with an SDS Director who will be contacting you about when and how to schedule the meeting.

### **Housing and Dietary Accommodations**

Accessible housing options are available to students with disabilities. Typically accessible housing is arranged for incoming students in advance of the room assignment process. The Housing Office will identify accessible placements for students who are approved for housing accommodations after the completion of the room assignment process as openings arise that meets the access need of the student.

There are many dining options for students with food allergies and disability-related dietary restrictions. For more information, refer to the [Guide to Managing Food Allergies \(PDF\)](#) at [dining.uchicago.edu](http://dining.uchicago.edu).

### **Academic Accommodations and Services**

- Following your intake meeting with SDS and completion of the review process, you will be sent an Eligibility Letter with your approved accommodations via the [AIM Student Portal](#)

- To use accommodations in classes, submit a request for accommodation letters to be sent to your instructors via the [AIM Student Portal](#) at the beginning of the quarter. Review the [Accommodation Letter Request Procedure](#) for further details.
- Meet with your instructors within the first two weeks of the quarter to discuss how accommodations will be implemented in the course. The administration of accommodations varies by the course and accommodation.
- Use SDS procedures to request approved auxiliary aids and services; e.g., [accommodation letters to instructors](#) [exam proctoring](#), [alternative text course materials](#), and, [notetaking assistance](#).
- Contact SDS immediately if you have questions or concerns about your accommodations and/or the implementation of accommodations in a course.

#### Support for a successful transition to the College

The move from high school to college is a big one. Every student will have to adjust their strategies for studying, time management, academic support and balancing extracurricular activities all while living away from home. Here are some support systems in place at UChicago.

[Academic Skills Assessment Program](#) (ASAP) in Student Health helps students improve academic performance by addressing concerns about test anxiety, exam preparation, study skills and reading effectiveness. Individual consultations, workshops, online tools and info sheets are available.

[College Core Tutor Program](#) in the Arley D. Cathey Learning is a comprehensive peer-based tutoring program designed to provide one-to-one assistance and small group support to College students.

[The Writing Program](#) offers individual tutoring for College students.