



On Your Own: A College Readiness Guide for Teens With ADHD/LD

Patricia O. Quinn, Theresa Laurie Maitland

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Preparing to live on your own at college can be difficult and scary--especially for teens with ADHD or LD. On Your Own provides a wealth of college readiness skills and teaches college-bound teens how to acquire these skills in a clear, easy-to-understand way. On Your Own explains facts about college life, differences between high school and college, how to use high school to get ready, and how to make a plan and set goals to ready one self--teen readers will find a short set of surveys to rate themselves on a variety of skill areas needed for success in college, including problem solving/decision making, communication, self-awareness, daily living, and study habits. Chapters in the book cover strategies and teaching tools to build those important skills--essential for life at college and beyond. Teens can choose to work on one or two problem areas in individual chapters, or to use the book as a whole to develop lifelong skills and problem solving techniques, making On Your Own an essential resource for any teen with ADHD or LD getting ready to live at college.

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