

# INTO COLLEGE

with an intellectual disability

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with TCPID  
Course  
Coordinator  
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1

**Take advantage of all orientation programmes** offered in your college, not just the orientation for your own course. Get familiar with the campus in advance.

2

**Get to know your classmates.** You can support each other throughout the course.

3

**Participate in student life.** Join some college societies and take part in new activities.

4

**Ask for help if you need it.** There are lots of supports on offer so make sure to use them.

5

**Stick with college,** even if it feels a little challenging at first.



Get advice videos at  
[ahead.ie/into](http://ahead.ie/into)