## **TRANSITION TO COLLEGE WITH SUCCESS!**

SEAWOLVES

Smart\* Spirited\* Seawolf\* Join the Student Accessibility Support Center (SASC) in welcoming our incoming first-year students with disabilities for a FREE 5-day, 4-night transition program in July.

Smart\* Spirited\* Seawolf\*





## FOR FIRST YEAR STUDENTS

The SASC summer transition program is a week-long residential program for students with disabilities transitioning from high school to their first year at Stony Brook University, with the goal of providing tools and resources for a successful transition to college.

During this week, you will live on campus in one of the residential halls under the supervision of SASC staff and SASC Student ACE Mentors. Students will participate in workshops during the day and social activities during the evening!

Workshops cover the following skills to prepare students for their transition to college:

- Studying and note-taking
- Self-advocacy skills
- Organization, time management, and planning skills
- Stress management techniques

Students will have the opportunity to become familiar with the SASC staff, campus resources, other first-year students, and Stony Brook's active and vibrant campus life activities. **Email us at: sasc@stonybrook.edu or call 631-632-6748**