

NAVIGATING HIGH SCHOOL #2: TIPS FOR AUTISTIC STUDENTS FROM AUTISTIC YOUNG ADULTS

When you are faced with a new situation or challenge, it can be really helpful to get tips from others who have experienced similar circumstances. The tips below are from Autistic young adults from our I CAN team who understand what it's like to navigate high school as an Autistic student.

BEFORE THE SCHOOL YEAR STARTS

- Practise how you will get to school (e.g., bus route, walking path).
- Explore the school grounds or download a map (note where the bathrooms are and where the office is – there is always someone in the office who can help!)
- Include a things in your schoolbag that calm you or make you smile.

ASKING FOR HELP

- It is always better to ask for help than to stress on your own.
- Reach out to your Year Advisor or Student Welfare Coordinator they are there to support you!
- If you are uncomfortable approaching a teacher or staff member directly, you can always write down your questions.
- Many teachers have Google classroom portals where you can ask questions online.
- Let your parents know if you have questions or worries.

NAVIGATING TIMETABLES

- The high school timetable can be confusing. You are not the only one who might need time to understand it.
- Try colour-coding each class (e.g., English = blue) on your timetable and use folders/notebooks of the same colour for that class.
- Keep multiple copies of your timetable (in folders, in your locker and an electronic version on your phone).

MAKING FRIENDS

- School clubs and extracurricular activities are a great way to meet people with similar interests to yours or to develop new skills.
- If you enjoy gaming, look for people who are playing games you love on their phones or computers.
- Activities outside of school (like scouts) can also be a good way to build friendships.

MANAGING HOMEWORK

- Try breaking up assignments into smaller, manageable chunks rather than waiting until the last minute.
- If you need more time or have questions about an assignment, it is always best to let your teacher know as soon as possible.
- Take advantage of homework clubs school or time in the library to get homework out of the way so you have more time to relax at home.

AFTER SCHOOL

- It is important to have a chance to decompress after the school day.
- Choose whatever activities help you relax (e.g. diving into interests, gaming, playing with pets, chilling out in your room).

SELF-CARE

- It can be tempting to stay up late, but it's so important to get enough sleep during the school week.
- If you have trouble falling asleep, try making a playlist of really chilled-out music.
- Be sure to eat breakfast in the morning!



This tip sheet
accompanies a webinar.

To watch it now - [CLICK HERE](#)



REMEMBER

- You are not alone.
 - There are people who can help you navigate high school.
 - You are capable and you are awesome exactly as you are.
- Good luck this year!**



SCHOOLS