



NARRATIVES OF THE UNIVERSITY EXPERIENCE FROM STUDENTS WITH ASD OR ADHD

College Autism Network **Fast Fact #11**

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"A lot of people with disabilities will just drop out of college because they kind of see it as this zero-sum game where they can't ever catch up."

"I've noticed, when I did my search in the job market, that if you weren't very good at social skills, you wouldn't get a job. It just didn't happen."



Some students felt it was constructive to disclose their diagnosis to professors.

However, other students described negative reactions to disclosure.

Key Takeaways

- College life triggered mental health issues, with about 23% of students with autism and 33% of students with ADHD reported having at least one mental health disorder.
- Students expressed concerns about professors not considering their disability.

Other Resources

- Autism Goes to College (Documentary) (www.autismgoestocollege.org)
- College Autism Network's Virtual Association of Scholars (CANVAS) (collegeautismnetwork.org/research/canvas/)

Action Items

University campuses should do more to:

- **Raise awareness of neurodiversity among students**
- **Support the social emotional well-being, as well as academic success, for students with autism and/or ADHD**

Source

Bolourian, Y., Zeedyk, S.M., & Blacher, J. (2018). Autism and the university experience: Narratives from youth with neurodevelopmental disorders. *Journal of Autism and Developmental Disorders*, 48, 3330-3343. <https://doi.org/10.1007/s10803-018-3599-5>