

## Supporting Autistic College Student Well-Being

*Methodology: We conducted a national survey among 425 autistic undergraduate students in Fall 2022 on how they define success*

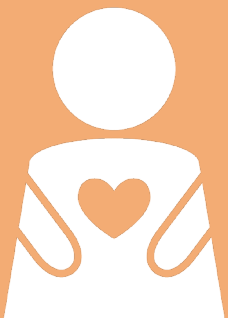


Findings emphasized the importance of well-being in many students' definitions of success, from avoiding burnout to exercising gratitude and self awareness.



“To me, it also means successfully juggling burnout – working hard enough to do well, but not so hard I collapse and can’t function. I wish there was more emphasis put on “success” in college being learning as much as you can while still caring for your own needs.”

– Participant 1334



Feeling “self-love” (Participant 1109), “proud of yourself for who you are” (Participant 1165) and striving to “better myself in whatever ways I can” represented other ways for participants to keep up their well-being during college

### CITATION:

COX, B. E. & NACHMAN, B. R. (2024). SUPPORTING AUTISTIC COLLEGE STUDENT SUCCESS THROUGH THE I.P.A.C.E. FRAMEWORK. PEACES [POSTSECONDARY EDUCATION: AUTISTIC COLLEGIANS' EXPERIENCES OF SUCCESS] WAVE 1, FALL 2022 (FAST FACT #18). COLLEGE AUTISM NETWORK.