

RESEARCH

# A Neurodivergent Student's Guide

**Partners** The Conference Board of Canada

## Locations Across Canada

Date released: January 2025

TOPICS IN THIS PROJECT

Future Skills   Inclusive Economy

**In this research, we look at what neurodivergent students might expect as they transition into post-secondary education and provide tips to help set them up for success.**

How can you find out what accommodations your school offers? Will you need to disclose your diagnosis to receive support? Is there help available for managing assignments, due dates, and course loads?

**Read the summary for all the tips.**

**Download Brief ►**



## **Key insights**

## Find out about your school's accessibility services

Accessibility services are there for students who need them. They include help with adjusting to your environment, accommodations, and access to additional supports like mental health services, mentorship programs, tutoring, and assistive technology. Check out accessibility services before you start so you know what support is available when you need it.

## Prepare for new communication expectations

You will be expected to communicate effectively with many different teaching faculty, administrative staff, and peers. However, many neurodivergent students we spoke with found communication at college and university challenging because the expectations for student communication are higher than expectations in high school.

## Be informed about the disclosure process

# 123

Disclosure means informing your school about a diagnosis (like a learning disability, autism, ADHD, or mental health issue) that affects learning. If you think you would benefit from accommodations, you'll need to decide whether you want to disclose your diagnosis. To receive accommodations, you'll need to disclose and register with accessibility services by providing recent, formal documentation (usually within the past five years).

The Future Skills Centre acknowledges that the Anishinaabe, Mississaugas and Haudenosaunee share a special relationship to the ‘Dish With One Spoon Territory,’ where our office is located, bound to share and protect the land. As a pan-Canadian initiative, FSC operates on the traditional territory of many Indigenous nations across Turtle Island, the name given to the North American continent by some Indigenous peoples. We are grateful for the opportunity to work in this territory and commit ourselves to learning about our shared history and doing our part towards reconciliation.

© Copyright 2025 – Future Skills Centre / Centre des Compétences futures