

# Starting Post-secondary? Know What Supports are Available

September brings a big transition for many recent high school graduates starting university, college, trades training, or another post-secondary program.

For Autistic and neurodivergent students, this can mean navigating new expectations, schedules, learning environments, accommodation processes, and social experiences.

Where you live in Alberta (or elsewhere in Canada) should not prevent you from accessing information and resources to help navigate that transition.

## Start with your school

We encourage students to learn about the supports available through their institution first. Depending on the school, these may include accessibility services, academic advising, tutoring, counselling, assistive technology, financial aid, and peer supports.

Sinneave offers no-cost services and resources that can complement institutional supports, including:

- **Autism Campus Prep:** A free, self-paced eLearning course designed to help Autistic students prepare for the academic and non-academic parts of further education.
- **Taking the Leap! Finding Success in Further Education After High School:** A recorded [AIDE Canada](#) webinar detailing the transition from high school, accessing supports, and preparing for further education. This video is equipped with closed captions, a transcript, and chapters for ease of navigation.
- **Information & Navigation:** Meet virtually with a Sinneave team member for a focused, 30-minute conversation about your priorities, available resources, and possible next steps.
- **Free, virtual information sessions:** We offer a virtual information session each month introducing our community to Sinneave's programs, services, learning opportunities, and resources. [Check our Event Calendar](#) for upcoming dates.
- **Your Time, Your Way:** Looking for a place to study, connect with friends, or take some time for yourself? Sinneave's space at The Ability Hub in Calgary is open Tuesday, Wednesday, and Thursday from 5:00 – 7:30 p.m. During this time, you can access wi-fi, computers, printers, sensory-friendly spaces, varied seating, and self-directed activities such as board games and colouring.

Post-secondary is a new environment, and you do not need to figure everything out at once. Learn what is available, explore what works for you, and ask for support when you need it.

Whether you are preparing to start, settling into your first semester, or realizing you could use some additional support, you can connect with Sinneave virtually from anywhere in Alberta.

**Visit our website** to learn more.

You can also connect with us by email at **[info@sinneavefoundation.org](mailto:info@sinneavefoundation.org)** or call our office at 403 210-5000.



Not thinking about further education right now?  
No problem!

We would like to connect with anyone that is  
“figuring out” their path in adulthood.

**Book an Information & Navigation meeting** to  
get started.

### **Our Neurodiversity Acknowledgement**

The Sinneave Family Foundation aims to be neuroaffirming and inclusive. To us, being neuroaffirming means valuing the many ways people think, learn, communicate, and experience the world. Being inclusive means listening to the people we serve and striving to create spaces that feel welcoming and accessible.

