

Being an Autistic Student: 6 Insights and Working Tips

Just being a student is stressful enough sometimes provided that everything is created and designed for you and your abilities. The college programs, dorms, extra activities – everything is made for people without ASD. That's why it is extremely hard sometimes to be an autistic student.

Of course, there are many organizations, services, and platforms to offer various assistance. Some offer tips and insights, others help with management; there are also services like [EssayPro](#) that can assist with writing assignments. But before that, let's talk about the main challenges students with ASD have and what can help with those.

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Common Challenges for ASD Students

Completely New Environment and Rules

People with autism do well with routines, and college changes that completely. They may have adjusted well for school, but the good old rules are no longer applicable to new circumstances. And it is especially hard when they travel to college to live on their own as this can appear extremely stressful and overwhelming.

How to make it easier? One of the possible options is to start with a community college for some time. It will help in adjusting to the academic routine. Community colleges are more flexible, and students can live at home while studying.

It can also be a good idea to earn some credits to get it easier in a new college. You can also prepare beforehand and start by [reading this book](#) written by autistic adults about college life.

Lack of Support

Children with ASD are provided with all kinds of support and help with their development and education by specialized child care organizations. This is not the case when college attendees are in question.

How to make the situation with a lack of support easier? First, there is an ability to stay in support services until 21 or 22 years old. Although some students might not want that, the option is worth considering.

Organizational Skills Are Tough

People think that the main problem of people with ASD is social skills. Although there is some truth to this statement, it is not the only struggle.

Self-organization and management also don't come easy. Remembering deadlines, managing tasks, handing in papers on time, even getting ready for classes are all challenging. So the ability to manage the academic workload is different from students without ASD.

Create [checklists](#) and routines broken down to the simplest steps. Create a morning checklist with every point, starting from taking a shower and up to leaving for a class. It should be easy, yet comprehensive. Making everything at the same time each day also helps – routines are everything.

College Is Overwhelming

People with ASD have a different perspective on things that contribute to the withdrawal and deposit of energy. Tasks that include communication or various sensory triggers might be extremely energy-consuming. And it is essential to deposit the same amount of energy to reduce meltdowns.

Try the [accounting method](#) – create a list of things that withdraw energy and the list of those that deposit it. Manage the energy levels by balancing out those activities. For example, after social engagement - have time for yourself. After a class with a lot of sensory triggers calm down with reading, for example.

The Pace Is Too Fast

Working at the same pace as other students is impossible at times. Everything at college may seem overwhelming and requires executive functions. And getting things done at your pace is important. Do not be afraid to self-advocate your needs.

Let the administration know of your diagnosis right away. Even if your ASD is on the mild side and it is not apparent, still better let professionals know that you have different needs.

Professors might use [effective educational practices](#) aimed at students with ASD. They can also be more tolerant of academic-related issues.

The Spectrum Is Everything

Autism is a spectrum, so there are no two people with completely similar needs and challenges. This is what makes it much harder for everyone –no cure or rule will work for all.

Communication is hard; building close relations is also complicated as some people have sensory and/or motor difficulties. It is important to know exactly what triggers you and what works to calm you down.

Have a support group or person you can always turn to in your reach. You may enter the ASD program for adults to adjust to new life. But most importantly, remember that there is no guilt or shame in asking for help or doing things the way you do it.

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In Summary

College is a new and rather stressful environment for autistic students. It is extremely hard to manage every organizational task, remember all deadlines, take care of everyday routines, and stay socially active.

Yet, the main challenge is adjusting to a completely new world. It might take time, and the key here is to take it slow, see what works, and always have support people and coping mechanisms.