

THE COLLEGE PREP QUICK-START

College Prep Quick-Start

The 10 things to do before anything else.

WHAT THIS IS

College prep for an ADHD teen is overwhelming — hundreds of things to do, no clear starting point. This quick-start cuts through the noise and gives you just the first 10 that matter most: the documentation and accommodation steps that take the longest and carry the hardest deadlines.

WHY DOCUMENTATION COMES FIRST

- SAT/ACT accommodation requests often take 7+ weeks to process.
- Updated ADHD documentation (typically within 3 years) is required by most colleges.
- Disability services offices won't act without proper paperwork.

WHAT'S NOT IN THIS FREE RESOURCE (IT'S IN THE FULL COLLEGE LAUNCH PLAN)

- Items 11–50 of the full checklist — college research, testing strategy, application prep, and life skills.

DOCUMENTATION & ACCOMMODATIONS — DO THESE 10 FIRST

They take the longest. Start now. Check items off as you go.

- 1 Confirm current IEP or 504 Plan is up to date**
If it hasn't been updated in the last year, request a review meeting now.

- 2 Request copies of all special education records**
You'll need these for college disability services applications.

- 3 Get updated ADHD documentation (often within 3 years)**
Most colleges require a recent evaluation — older docs are often rejected.

- 4 Request psychoeducational testing if documentation is old**
Talk to your teen's doctor or school psychologist to initiate this.

- 5 Apply for SAT/ACT accommodations early (often 7+ weeks)**
Submit through College Board or ACT — don't wait until test registration.

- 6 Confirm accommodations are approved before registering**
Approval doesn't automatically apply — confirm in writing.

- 7 Save all documentation in one folder (digital + paper)**
Create a dedicated college prep folder your teen can access too.

- 8 Research which accommodations transfer to college**
High school IEP accommodations do NOT automatically transfer.

- 9 Have your teen practice explaining their ADHD**
College disability services require self-advocacy — start practicing now.

- 10 Discuss self-advocacy with your teen**
In college your teen must advocate for themselves. This skill takes time.

THERE'S MORE WAITING FOR YOU

Free resources at adhdvault.com

Instant access. Three free resources to start:

Morning Rescue Card — stop saying these, say these instead

IEP First Meeting Cheat Sheet — 7 questions + what to bring

College Prep Quick-Start — the 10 things to do first

The app is coming this August.

Every crisis script, the AI-powered IEP tools, and three full courses in one place. Founding members lock in the lowest price we'll ever offer.

Ready for everything?

The ADHD Vault membership — every crisis tool, the full College Launch Plan, the courses, the app, and a fresh tool every month. The full 50-item checklist, testing strategy, the essay system, and the independence handover.

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