

SEPTEMBER RESOURCE

Finding Your Rhythm: Settling into the School Year

Getting Organized for Success

Organizational Skills for Students with Disabilities

- Create a homework or daily routine chart to help with consistency.
- Use assistive technology tools (planners, apps, text-to-speech) to stay on track.



Building Belonging at School

Learn How to Address Bullying at School

- Explore school clubs, groups, or activities that are accessible and welcoming.
- Celebrate achievements—big or small—to boost confidence.



Tools That Make a Difference

Use This App to Stay Focused

- Use color-coded folders or labels for organization.
- Try visual schedules or timers for transitions.



Finding your rhythm takes time. By putting supports in place early and encouraging self-advocacy, students with disabilities can feel confident, connected, and ready to thrive this year!