



# Project College

*A Tailored Day Service Option for Students with Disabilities*

**The transition to college is a big step for all students.  
New rules, new systems, new expectations, new challenges.**

**We're here to help.**

*Call David @ (858) 278-5420 x 131 for more information or email  
ddrazenovich@ucpsd.org  
[www.ucpsd.org/project\\_college.html](http://www.ucpsd.org/project_college.html)*

## Program Highlights:

- ✓ Individually designed services offered right on your campus.
  - ✓ Up to 9 hours of support each week by skilled staff.
- ✓ Specially designed semester break workshops and activities.
  - ✓ Exclusive focus on your success as a college student.



### Achieve Success in Classes:

- *Develop new study habits and strategies.*
- *Organize and manage your time.*
- *Communicate with professors.*
- *Make college a priority.*



### Connect to Campus and Student Life:

- *Access campus services & supports.*
- *Know when and how to use campus resources including accommodations.*
- *Make new friends.*
- *Participate in clubs and activities.*



### Become More Confident & Self-Assured:

- *Take initiative. Ask for help early and often.*
- *Manage stress, stay healthy, focus on wellness.*
- *Increase independence, self-awareness and self-reliance.*
- *Advocate for you.*

### To Participate:

- *You are a client of the San Diego Regional Center and your Service Coordinator agrees to arrange our services on your behalf.*
- *You can get to school and classes independently.*
- *You're excited to take on your new role as a college student.*
- *You agree to meet regularly with a Project College staff.*

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