



# Unlocking Potential: College and Other Choices for People with LD and AD/HD

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#### Unlocking Potential: College and Other Choices for People with LD and AD/HD

Unlocking Potential is an indispensable tool for high school students with learning disabilities (LD) and attention deficit/hyperactivity disorder (AD/HD) preparing for the world of postsecondary education and employment. It is brimming with the latest information on LD and AD/HD, as well as advice, practical tips, and resources designed to make their transition from high school a success. From selecting and applying to a program to setting and achieving goals, this book leads them on their way.

Written by a team of over 20 professionals in the field of postsecondary transition, Unlocking Potential helps people recognize their own learning strengths and weakness, which is the first step to managing their disability. As the authors stress, people with LD and AD/HD are most successful when they make modifications and seek counseling that supports their unique needs. The book offers strategies for overcoming problem areas such as time management, organizational skills, note taking, test taking, and establishing goals.

Unlocking Potential also promotes the concept of self-determination-an individual's ability to define and achieve goals based on knowing and valuing oneself. A person is more likely to attain desired goals when he or she is a strong self-advocate. Finally, the comprehensive listings of resources at the end of each chapter are one of the book's most valuable features with recommended books, fact sheets, video/audio materials, and support organizations.

This new edition of Unlocking Potential is based on a book with the same title by Barbara Scheiber and Jeanne Talpers, published by Adler & Adler in 1985. The writing team for the Woodbine House edition is completely new, as is the book's content, reflecting numerous changes in special education laws, transition planning, and a growing awareness of LD and AD/HD. It's a book that will help a new generation of young people recognize and achieve their potential.



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