

**Things to Think About Before  
Registering for School  
(University, Community College,  
or Private College)**

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## How will I know when I am ready for school?

- Going to school may not mean that you are fully recovered or no longer have symptoms.
- Before you start school, you will have to do a lot of thinking and planning. It may take more than one try to successfully start school.

## Things to think about:

- Do you have enough energy to do all of the activities you had planned for the day (like taking care of yourself, getting groceries, making meals, keeping a routine)?
  - › If so, try to learn a new skill (like a new language or how to play a musical instrument) or test whether you can study and retain (keep) new information.
- Try to follow a schedule as if you were going to school.
  - › For example, get up at 6 in the morning to do your morning routine so you are ready to leave for class at 8:30 a.m.

## Have I looked into what I need to get into the program? Can I apply?

- For example, if you would like to apply to Dalhousie University to do an undergraduate program (like a Bachelor of Arts, Bachelor of Science, Bachelor of Commerce):
  - › You must have graduated from high school.
  - › You must have the minimum overall average needed for your program in 5 academic grade 12 courses.
- Check with the university that you want to apply to for their specific details.

## How will I pay for school?

- See “Possible government funding sources” on page 4.
- **If you are a client of the Nova Scotia Department of Community Services and you get Income Assistance:**
  - › You may get funding through the Educate to Work Program:
  - › [https://novascotia.ca/coms/employment/employment\\_services/EducateToWorkProgram.html](https://novascotia.ca/coms/employment/employment_services/EducateToWorkProgram.html)
- **If you have recently received Employment Insurance (EI):**
  - › You may get funding through the Skills Development program:
  - › <https://novascotia.ca/employmentnovascotia/programs/skills-development.asp>
- You may want to think about applying for a **government student loan:**
  - › <https://novascotia.ca/studentassistance/>
- You may want to apply for a **bursary, scholarship, and/or grant:**
  - › [www.mynsfuture.ca/paying-for-education/bursaries](http://www.mynsfuture.ca/paying-for-education/bursaries)

## What if I am worried about being able to do school work or go to classes because of physical or cognitive (attention, memory) problems?

- Have you thought about any supports or accommodations that may help you succeed?
  - › Contact your school’s Accessibility Centre/Disability Support Centre to talk with a learning strategist. They will help you find supports and accommodations. They can also help you develop study and time management skills, get ready for exams, and apply for academic accommodations.

## Will I go part time or full time?

- We recommend you start gradually (bit by bit) and slowly over time. This will help you get used to the demands. We recommend you go part time to start (for example, 2 courses per semester instead of 5).

## **Is my program in person or online?**

- **If it is in person:**

- › How long does it take you to get ready? How will you get to school? Where will you park? How will the weather affect this? What will the classroom be like (lighting, noise, crowds, accessibility)?

- **If it is online:**

- › Where will you do your school work (workstation set-up)?
- › Are you able to work on a computer?
- › Are you able to do self-directed learning (figure out which information is important to learn, stay organized, and manage your time, in order to complete readings, assignments, and tests)?

## **Once you get into a program**

- It is important to call your school's Accessibility Centre or Disability Support Centre to talk with a learning strategist. They can help with grant applications, accommodations, and more.
  - › Your school may ask you to give them medical documentation of your disability or need for accommodation. This is usually a letter from your primary health care provider (family doctor or nurse practitioner).
- Apply for a government student loan, if needed. If you are a student with a disability, make sure you put this on your application.
  - › Even if you do not plan on using student loan money, it may help to apply. The Nova Scotia Grant for Services and Equipment can be accessed by applying for a student loan. This grant can help fund services like tutoring, note-taking, and adaptive software (like speech-to-text dictation software).
- Try to follow a schedule similar to your school schedule.
  - › For example, get up and do your morning routine to see how long it takes. Practice your drive or bus route to school and find parking options before classes start so you are prepared.

## **Possible government funding sources**

### **Student loans**

#### **Nova Scotia Student Loan**

- To learn about how to qualify for a Nova Scotia student loan, visit:
  - › <https://novascotia.ca/studentassistance/apply/new/EligibilityRequirements.asp>
  - › <https://novascotia.ca/studentassistance/apply/new/FundingAvailable.asp>

#### **Canada Student Loan**

- Subject to basic eligibility criteria:
  - › <https://novascotia.ca/studentassistance/apply/new/EligibilityRequirements.asp>
- Amount calculated using the Family Income Eligibility Threshold table:
  - › <https://novascotia.ca/studentassistance/Financing/NeedsResources.asp>

#### **Supplemental Loan for Medicine, Law, and Dentistry**

- Students in these programs may qualify for extra loan funding.

### **Grants (you do not have to repay)**

#### **Nova Scotia Student Grant**

- Students studying at a school in Nova Scotia receive 40% of a Nova Scotia Student Loan (see above) in the form of a grant that you do not have to repay.

#### **Canada Student Grant for Full-Time Students**

- Amount depends on need:
  - › [www.canada.ca/en/services/benefits/education/student-aid/grants-loans/full-time.html](http://www.canada.ca/en/services/benefits/education/student-aid/grants-loans/full-time.html)

## **High Need with Dependents**

- › [https://novascotia.ca/studentassistance/apply/new/FundingAvailable.asp#NS\\_Dependents](https://novascotia.ca/studentassistance/apply/new/FundingAvailable.asp#NS_Dependents)

## **Canada Student Grant for Students with Disabilities**

- › [www.canada.ca/en/employment-social-development/services/education/grants/disabilities.html](http://www.canada.ca/en/employment-social-development/services/education/grants/disabilities.html)

## **Canada Student Grant for Services and Equipment - Students with Disabilities**

- › [www.canada.ca/en/employment-social-development/services/education/grants/disabilities-service-equipment.html](http://www.canada.ca/en/employment-social-development/services/education/grants/disabilities-service-equipment.html)

## **Canada Student Grant – Skills Boost**

- › [www.canada.ca/en/employment-social-development/news/2018/01/going\\_back\\_to\\_schoolisnowmoreaffordablethankstoskillsboost.html](http://www.canada.ca/en/employment-social-development/news/2018/01/going_back_to_schoolisnowmoreaffordablethankstoskillsboost.html)
- To qualify you must:
  - › have been out of high school for 10 years or more.
  - › be eligible for at least \$1 of funding.
  - › be eligible to receive a Canada Student Grant (see link on page 4).

## **Students with dependents**

- › [www.canada.ca/en/services/benefits/education/student-aid/grants-loans/dependants.html](http://www.canada.ca/en/services/benefits/education/student-aid/grants-loans/dependants.html)
- The amount you get will depend on how many children under the age of 12 you have.

**What are your questions?  
Please ask. We are here to help you.**

# Notes:

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### Looking for more health information?

Find this pamphlet and all our patient resources here: <https://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

*Nova Scotia Health promotes a smoke-free, vape-free, and scent-free environment.*

*Please do not use perfumed products. Thank you!*

[www.nshealth.ca](http://www.nshealth.ca)

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.