

# WHERE TO GO FOR HELP

## AT YOUR COLLEGE

### VISIT . . .

**Counseling Center**

**Career Center**

**Disabled Student Services/  
Counselor**

### IF YOU NEED HELP . . .

understanding learning styles.

learning how the Myers-Briggs Type Indicator can be used in career planning or how to align your Myers-Briggs type with your interests and career development options on campus.

getting advice on learning disability testing and diagnosis and in receiving accommodations if you have a learning disability.

## ONLINE

### GO TO . . .

**LD Pride:**

[ldpride.net/learningstyles.MI.htm](http://ldpride.net/learningstyles.MI.htm)

**National Center for  
Learning Disabilities:**

[www.nclid.org](http://www.nclid.org)

**Facebook:**

[facebook.com](https://www.facebook.com)

### IF YOU NEED HELP . . .

obtaining general information about learning styles and learning disabilities and using an interactive diagnostic tool to determine your learning style.

locating resources on diagnosing and understanding learning disabilities.

finding groups on Facebook created by students who have learning disabilities or ADHD. These groups are a great way to connect with other students with learning disabilities at your college or other colleges. If you have been diagnosed with a disability, the members of these groups can offer support and help you seek out appropriate resources in order to be successful in college.

**National Institute of Mental Health:**

[nimh.nih.gov/health/publications](http://nimh.nih.gov/health/publications)

[/attention-deficit-hyperactivity](http://nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/can-adults-have-adhd.shtml)

[-disorder/can-adults-have-adhd.shtml](http://nimh.nih.gov/health/publications/attention-deficit-hyperactivity-disorder/can-adults-have-adhd.shtml)

getting information about how adults who have ADD or ADHD can get diagnosed and treated.

## MY COLLEGE'S RESOURCES

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