



GrowNOW ADHD: College Success Partnership

Helping students thrive in high school, college, and beyond

An extension of your disability office, focused on real-world independence and retention.

Why It Matters

Increased Retention – Reduce dropout risk by addressing executive function and life skill gaps.

Better Outcomes – Students gain independence in academics, social life, employment, and daily living.

Improved Student Success – Support extends beyond academics to the whole student.

Stronger Athlete Support – Address unique challenges faced by student-athletes, improving academic stability and holistic success.

Who We Support

- High School Students Preparing for College – Build skills in self-advocacy, organization, and independence before transition.
- College Students – Ongoing support for academic, social, and life skills.
- Parents – Coaching to reinforce independence at home.
- Faculty & Staff – Training, consultation, and classroom presentations to improve awareness and support.
- Athletic Departments & Academic Support Staff – Partnering to help student-athletes balance academics, athletics, and life skills for long-term success.

What We Provide

- Student Coaching**
 - Individual and small-group sessions
 - Focus on academic planning, social integration, employment readiness, and life skills
 - Emphasis on autonomy: building independence in daily routines
- Parent Coaching**
 - Tools for supporting independence without over-managing
 - Communication strategies that reinforce student self-advocacy
- Faculty Training & Workshops**
 - Professional development sessions for disability office staff and faculty
 - Awareness training to support neurodiverse students in and outside the classroom
- Classroom Presentations**
 - Interactive workshops for student groups
 - Topics include self-advocacy, executive function skills, and strategies for academic success
- Accountability Groups**
 - Peer-led, coach-supported groups for ongoing check-ins
 - Focus on building habits and shared responsibility

Ready to Strengthen Student Retention and Success?

Contact us today to learn how GrowNOW ADHD can support your students, faculty, and families.
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Funding & Partnership Models

We understand budget is often a challenge. GrowNOW ADHD works collaboratively with each institution to explore flexible partnership models that align with your priorities for retention, student success, and long-term outcomes.