

9. How can I get help with academic needs in school?

Many students have forgotten foundational knowledge or skills and need some extra academic supports to catch up. Other students may qualify for extra time completing assignments or taking tests. Schools are required to provide the individual supports students need.

What To Do

First, consider what type of academic help you might need.

Content support is meant to provide just-in-time assistance to students who need additional learning opportunities to understand a unit of study. To be eligible for content support, a student must work with his or her teacher to identify the modules to be completed. A grade contract may be used if a grade change is requested.

Extended School Services (ESS) is an intervention strategy used throughout the year when a student has failed a course that is needed for graduation, or a student received an Incomplete at the end of the semester. Students who receive an Incomplete at the end of the school term are not required to complete a specified number of hours. Instead, they must successfully finish specific coursework from their regular teacher. The students must receive a passing grade on any final tests that are required of all students taking the course in the regular classroom.

Course/Credit recovery is to be used by students to continue a course that they are already enrolled in or to assist students in making up a failing grade that has been recorded. To be eligible for course/credit recovery, a student must work with his or her counselor (if the student is no longer enrolled in the course to be recovered) to identify which courses need to be recovered. Credit recovery results in an additional entry on the student transcript.

Special Education Services: Everyone learns differently so if you have a problem that makes it difficult for you to learn or feel successful you should ask for support. The special education system was designed to help students who can succeed but need some extra time or assistance. It is your right to receive support to succeed in school.

Ask for Help

If you think you may need special services, it is important to know the Individuals with Disabilities Education Act (IDEA) is a law that provides free and appropriate public education to children with disabilities and ensures special education and related services to children with disabilities. [Learn more](#)

If you have had an IEP, an individual plan for education services, contact your school and request a meeting with the ARC team to review the services and your needs. A few things to keep in mind:

- If you are asked to waive your rights to special education services or new services to make up for lost educational support (called compensatory education). **Do not sign it.** Ask for an IEP meeting.
- Focus on the services you need the most to learn. Write down the services you received, with examples of what did and didn't work for you.

- Review your school record including prior IEPs and assessments. What is the school required to provide? Is a new evaluation needed?
- Identify new technologies that may be helpful to you. Does speech-to-text software, translation services, screen reader software make sense?

Learn More

Contact your school counselor for more information on services or check this [online list of resources](#).

Ask an Education Advocate: advocates@thebookworks.org or (502) 276-6136