



Who are we?

THRIVE personnel are professionals with backgrounds in autism, applied behavior analysis, psychology, transition, disability services, leadership, and special education.

Contact THRIVE through the Disability Resource Center at:

Phone: (904) 620-2769

Email: thrive@unf.edu

Website:
www.unf.edu/drc/thrive

Information about THRIVE
may be obtained by
contacting:

DISABILITY RESOURCE CENTER

University of North Florida
1 UNF Drive
Building 57 Room 1500
Jacksonville, Florida
32224-7699
(904) 620-2769

DRC hours of operation:

Monday-Thursday

8:00am-8:00pm

Friday

8:00am-5:00pm

Holiday & Summer hours are posted at:

www.unf.edu/drc/

Contact THRIVE:

Website: www.unf.edu/drc/thrive/

THRIVE Staff: thrive@unf.edu

(904) 620-2769

No one like you.
No place like this.



**ATTENTION: College Students
with Autism Spectrum Disorders
(ASD) & Related Disabilities:**

Transition to
Health,
Resources,
Independence,
Viable Careers,
and
Education

Division of Student Affairs Disability Resource Center

THRIVE

Welcome to THRIVE, a program for students with ASD that is affiliated with the Disability Resource Center at the University of North Florida.

What is THRIVE?

THRIVE is a program for students with ASD to enhance and enrich their college experiences. Along with supporting your academic goals, THRIVE

participants have opportunities to build skills in:

Social communication

Independence

Career development

What activities are in each part of THRIVE?

With the support of a THRIVE

mentor, participants have

opportunities to work in areas

including:

CAREER:

-Find a good fit between you and a career

-Complete action planning

-Participate in career experiences

(volunteer, job shadowing, internships, employment)

-Engage in professional development (interviewing, building resumes, appropriate professional attire)

INDEPENDENT LIVING:

-Practice stress management (self-direction, time management, assertiveness, scheduling/planning)

-Develop skills in household tasks (cleaning, grocery shopping, cooking, meal planning)

-Participate in leisure/recreation (social events, community involvement, volunteerism)

-Develop economic independence (budgeting, money handling)

SOCIAL SKILLS:

-Learn about self-advocacy/choice-making

-Learn appropriate social and sexual behaviors

-Learn about diversity (LGBTQ awareness)

-Learn appropriate professional interactions (communicating with professors, campus staff, peers)



-Practice peer interactions and conflict resolution (using THRIVE problem-solving model)

In addition participants have the opportunity to:

-Work individually with a THRIVE mentor

-Live in the THRIVE LLC on campus at no extra cost

-Participate in support groups with other THRIVE students

-Have opportunities to receive individual counseling

-Participate in campus activities and events

-Receive academic accommodations through the DRC

-Plan meetings with professors (with mentor support)

-Develop personal health plans

-Participate in community service events both on and off campus