



# OVR Student Resource Guide:

*Tools, Tech, and Tips for College Success*

  
**Kentucky  
Career Center**  
Vocational Rehabilitation

Assistive Technology Branch  
Kentucky Office of Vocational Rehabilitation

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# School Disability Resource Centers

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Upon acceptance to your college or university, it is important that you contact the school's Disability Resource Center to apply and register for services.

## Your school's DRC may provide you with:

- Alternative format books: eBooks, braille, or audio textbooks
- Literacy and notetaking software
- Preferred classroom seating
- Test accommodation such as extended time and quiet environment
- Early registration
- Housing accommodations

## Here are links to the DRCs at most of Kentucky's Colleges and Universities:

- [Bluegrass Career & Technical College](#)
- [Centre College](#)
- [Eastern Kentucky University](#)
- [Georgetown College](#)
- [Kentucky State University](#)
- [Midway University](#)
- [Morehead State University](#)
- [Murray State University](#)
- [Northern Kentucky University](#)
- [University of the Cumberlands](#)
- [University of Kentucky](#)
- [University of Louisville](#)
- [Western Kentucky University](#)

Also take advantage of writing centers and tutoring services offered through your school.

# Assistive Technology Resources

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These websites and *FREE* apps can help students with disabilities succeed in school.

**NOTE:** Apps marked with an asterisk (\*) may offer optional in-app purchases.

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## AI Assistance

AI assistance like Copilot and Gemini can help students with disabilities by providing real-time support for writing, research, organization, and problem-solving. They can simplify complex tasks, offer suggestions, and help maintain focus, making learning more accessible and efficient.

- Microsoft Copilot ([Web](#), [iOS](#), [Android](#))
  - Google Gemini ([Web](#), [iOS](#), [Android](#))
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## Focus Mode on iPhone

Focus mode on iPhone lets students customize notifications, calls, and app alerts to minimize distractions. For students with disabilities, it can support concentration, reduce sensory overload, and help maintain a consistent study or work routine.

- [How to set up a Focus on iPhone](#)
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## Grammar Help

Grammar tools like Grammarly, Ginger Writer, and Typeright help students by checking spelling, punctuation, and sentence structure in real time. For students with disabilities, they support clear writing, reduce frustration, and boost confidence in communication.

- [Grammarly \(\\*\)](#) ([iOS](#), [Android](#), [Chrome extension](#))
  - [Ginger Writer \(\\*\)](#) ([iOS](#), [Android](#))
  - [Typeright \(\\*\)](#) ([iOS](#), [Android](#))
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## Guides on How to Study

Study guides and videos showing step-by-step ways to learn, take notes, and prepare for tests. These resources can help students with disabilities by giving clear, easy-to-follow guidance to make studying simpler and more effective.

- [How to Study video series](#) | Samford University
- [Studying 101: Study Smarter Not Harder](#) | University of North Carolina at Chapel Hill
- [How to Study Effectively for School or College](#) | YouTube, Memorize Academy
- [How to Study](#) | Cornell University

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## Math Help

These apps and websites help students solve math problems, understand concepts, and practice skills. They can support students with disabilities by offering step-by-step explanations, visual aids, and interactive tools to make math easier to learn.

- [Microsoft Math Solver](#)
- [Khan Academy](#)
- [GFC Math Tutorials](#)
- [Mathway](#)
- [MyScript Calculator](#)
- [Photomath \(\\*\)](#) (iOS, [Android](#))

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## Mind Mapping

Mind mapping tools help students organize ideas visually and plan projects or essays. They can support students with disabilities by making complex information easier to understand and helping with memory, focus, and planning.

- [MindView](#)
- [Canva Mind Maps Templates](#)

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## Note Taking

These tools help students capture and organize information from lectures, readings, or discussions. They can support students with disabilities by providing audio recording, transcription, and digital organization to make studying easier and more accessible.

- [Otter \(\\*\)](#) ([iOS](#), [Android](#), [Chrome extension](#))
- [AudioNote \(\\*\)](#) ([iOS](#), [Windows](#))
- [Notability \(\\*\)](#) ([iOS](#))
- Microsoft OneNote ([Web](#), [iOS](#), [Android](#))

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## Phone and Computer Accessibility Features

Built-in accessibility features on phones and computers help students with disabilities use devices more easily. They can include screen readers, voice control, text magnification, captions, and other tools that support learning, communication, and daily tasks.

- [iPhone accessibility features](#)
- [Mac accessibility features](#)
- [Windows accessibility features](#)
- [Android accessibility features](#)
- [Morphic](#): Morphic is a small app that makes computers easier to use by giving quick access to built-in accessibility features and assistive technology. It works on macOS Big Sur to Sonoma and Windows 11. ([Mac](#)) ([Windows](#))

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## Pomodoro Timers

Pomodoro timers are tools that break work into short, timed intervals (usually 25 minutes) with brief breaks in between. They can help students with disabilities by improving focus, reducing overwhelm, and building a structured routine for completing tasks.

- [Pomofocus](#) (Web-based)

- [Pomodor](#) (Web-based)
  - [Otto \(\\*\)](#) (Chrome extension)
  - [Pomodoro Focus Timer](#) (iOS)
  - [Flow \(\\*\)](#) (iOS)
  - [Focus To-Do: Focus Timer & Tasks \(\\*\)](#) (iOS)
  - [Forest](#) (Android)
  - [Focus To-Do: Pomodoro & Tasks \(\\*\)](#) (Android)
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## Reminders, Calendars, and Planners

These tools help students keep track of tasks, assignments, and appointments. They can support students with disabilities by providing alerts, visual schedules, and organized planning to stay on track and manage time effectively.

- [How to Use Reminders on iPhone or iPad](#)
  - [Apple Calendar](#)
  - Google Calendar ([Web](#), [iOS](#), [Android](#))
  - [myHomework Student planner \(\\*\)](#) ([Chrome extension](#), [iOS](#), [Android](#))
  - [iStudiez Pro Legendary Planner](#) (iOS)
  - [Todoist Planner & Calendar \(\\*\)](#) ([Windows](#), [iOS](#), [Android](#))
  - [MyTherapy Medication Reminder \(\\*\)](#) ([iOS](#), [Android](#))
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## Speech-To-Text

These tools let students speak instead of typing, turning their words into text. They can support students with disabilities by making writing faster, reducing strain, and helping with spelling and grammar.

- [Google Live Transcribe](#) (Android)
- [How to dictate your documents in Word](#)
- [How to use voice typing to talk instead of type on your PC](#)

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## Summarization Tools

These tools help students shorten and simplify text, pulling out the main ideas. They can support students with disabilities by making reading easier to understand and saving time when studying.

- [Rewordify](#)
- [Grammarly Summarizing Tool](#)
- [Scribbr Text Summarizer](#)
- [Summarizer](#)
- [Quillbot Summarizer](#)

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## Textbooks

These resources provide digital or audio versions of textbooks and reading materials. They can support students with disabilities by offering accessible formats that make reading easier and more flexible.

- Textbook publishers (such as [Pearson's Revel](#) and [VitalSource](#)) often have eBook versions that include audio.
- [Bookshare](#)
- [Learning Ally](#)
- [Project Gutenberg](#)

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## Text-To-Speech

These tools read text out loud, helping students listen to written material. They can support students with disabilities by improving comprehension, reducing reading fatigue, and providing alternative ways to access information.

- Immersive reader (Instructions for [Microsoft Edge](#), [Microsoft Word](#))
- [ReadAloud](#) ([Chrome](#), [Firefox](#), [Edge](#))
- [Prizmo Go \(\\*\)](#) (iOS)
- [NVDA](#) (Windows)
- [How to use VoiceOver on iOS](#)

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## Text-To-Speech using camera

These apps use the camera to read printed text out loud. They can support students with disabilities by helping them access books, signs, or documents in real time.

- Seeing AI ([iOS](#), [Android](#))
- Google Lens ([iOS](#), [Android](#))

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## Vision Assistance

These tools help students with visual impairments by describing surroundings, reading text, and providing guidance. They make it easier to navigate, access information, and complete tasks independently.

- Seeing AI ([iOS](#), [Android](#))
- Be My Eyes ([iOS](#), [Android](#), [Windows](#))
- [AppleVis](#)

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## White Noise Apps

These apps play soothing sounds to help students focus or relax. They can support students with disabilities by reducing distractions, improving concentration, and promoting better sleep.

- [White Noise Lite](#) (iOS)
- [Relax Melodies \(\\*\)](#) (iOS)
- [White Noise Sleep and Relax](#) (Android)

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## Writing Help

These resources provide guidance on writing, grammar, and formatting. They can support students with disabilities by offering clear instructions, examples, and personalized assistance to improve writing skills.

- [Purdue Online Writing Lab](#)
- Utilize your school's campus writing center

# Statewide Assistive Technology Act Programs

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The Assistive Technology (AT) Act is a federal law that ensures people with disabilities in every state can access the tools and support they need to live, learn, and work independently. Each state's AT program helps make this possible by offering services such as device demonstrations, short-term equipment loans, and reuse programs. For students in post-secondary education, these programs can provide access to tools and resources that support equal access to coursework, communication, and campus life.

Outside of Kentucky? [Locate the AT Act Program for your state.](#)

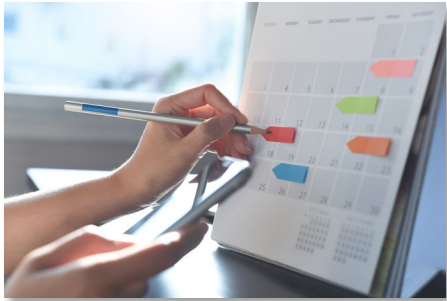
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## KATS Network

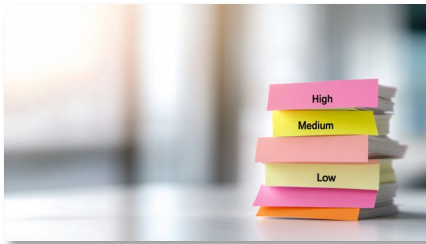
The [Kentucky Assistive Technology Services \(KATS\) Network](#) Kentucky's AT Act program. Their mission is to make assistive technology information, devices, and services accessible to Kentuckians with disabilities. KATS offers a lending library where you can borrow or even keep certain assistive technology items at no cost. To see what's available, visit the [KY AT Locator](#) website. You can also contact the [KATS location nearest you](#) for more information.

# Tips for College Success

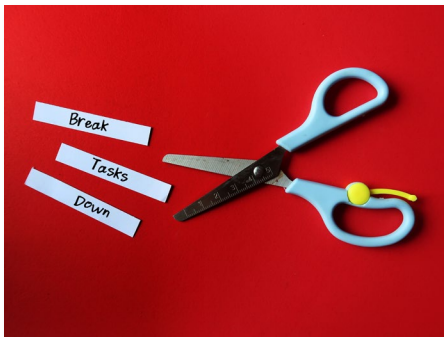
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**Create a schedule:** Develop a structured schedule that includes dedicated study time, class attendance, and extracurricular activities. Make sure to allocate sufficient time for studying, completing assignments, and preparing for exams.



**Prioritize tasks:** Identify the most important and urgent tasks, such as upcoming assignments, exams, and projects. Prioritize these tasks and allocate time accordingly to ensure they are completed on time.



**Break tasks into manageable chunks:** Break down larger tasks, such as research papers or projects, into smaller, more manageable tasks. This approach can help prevent procrastination and make the workload feel more achievable.



**Avoid multitasking:** Focus on one task at a time rather than attempting to juggle multiple tasks simultaneously. Multitasking can reduce efficiency and hinder concentration. Complete one task before moving on to the next.



**Minimize distractions:** Identify and minimize distractions that can impede your productivity, such as social media, mobile notifications, or noisy environments. Find a quiet and conducive study space or use apps/extensions that block distracting websites during study periods.



**Use study techniques that work for you:** Experiment with different study techniques to find what works best for you. This may include methods like active reading, summarizing key points, creating flashcards, or teaching the material to someone else.



**Seek help when needed:** Don't hesitate to reach out to professors, teaching assistants, or classmates for clarification or assistance when you encounter challenges or have questions about the coursework. Utilize on-campus resources such as tutoring centers or writing labs if they are available.



**Take care of yourself:** Maintain a healthy balance between academics and self-care. Get enough sleep, eat well, exercise, and make time for relaxation and leisure activities. Caring for your physical and mental health is vital for academic success.

# Accessibility Support Contacts

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- **Amazon's Accessibility Customer Service:**  
888-283-1678
- **American Foundation for the Blind (AFB):**  
800-232-5463  
[www.afb.org](http://www.afb.org)
- **American Printing House (APH):**  
800-223-1839  
<https://www.aph.org>
- **Apple Accessibility Support:**  
877-204-3930
- **AT&T National Center for Citizens with Disabilities (NCCD):**  
866-241-6568
- **Audible Support:**  
888-283-5051
- **Blind Abilities:**  
Website: [www.BlindAbilities.com](http://www.BlindAbilities.com)  
Email: [info@blindabilities.com](mailto:info@blindabilities.com)
- **Comcast Accessibility:**  
866-668-6703
- **GE Appliance Support:**  
800-626-2000
- **Google Support:**  
855-971-9121
- **HP Accessibility Support:**  
888-259-5707
- **Microsoft Disability Answer Desk:**  
800-936-5900

- **National Braille Press:**  
<http://www.nbp.org>
- **NLS Talking Books:**  
<http://www.loc.gov/nls/tbt/index.html>
- **Peloton Accessibility Support:**  
[accessibility@onepeloton.com](mailto:accessibility@onepeloton.com)
- **Spectrum Accessibility Support:**  
844-762-1301
- **T-Mobile Accessibility:**  
833-428-1785
- **Verizon Center for Customers with Disabilities:**  
800-974-6006
- **Verizon Wireless National Accessibility Center**  
888-262-1999  
<http://verizon.com/disabilities>