

What is your name, where are you from, and what college are you attending?

My name is Rachel Adams-Duffy. I am located in Saddle Brook, New Jersey. I am currently attending Bergen Community College in Paramus New Jersey and I am in my second year of the Turning Point Program.

What was your favorite college course that you took?

My favorite course had to be General Psychology

What campus activities do you like to participate in?

The campus activities that I really enjoy participating in would be the Tuesday socials with the student mentors that my college offers throughout the Turning Point Program.

Can you talk about one thing that you learned about yourself while you've been at college?

One thing that I learned about myself throughout my experience at college is that it is okay to ask questions, no one knows everything.

Who's the person who has helped you most on campus?

One person that has helped me the most would be the program assistant of the Turning Point Program.

What's good about college?

The good thing about college and the positive effects it has had on me is that college is all a learning experience. College taught and showed me I can be what and who I want to be no matter.

What do you hope to do after college, after you graduate or get your certificate?

After I graduate college in the spring and receive my certification, I hope to advocate for those who have physical and intellectual disabilities.

What advice do you have for young students with disabilities who aren't sure about college?

The advice I would give to students who are not sure about college would be take the chance, try new things, take things one step at a time, dream as big as you wish, and enjoy the moments and experiences college has to offer you.



Rachel's big smile.



**Take the chance,
try new things,
take things one
step at a time.**

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If you or someone you know would like to be interviewed, contact sheila.johnson@umb.edu for more information.

Beginning in January 2022, Rachel joined Think College as an intern with the knowledge translation team. She writes about self-advocacy and other student interests. Rachel has written for her campus newspaper. Read her article [How 2022 can be More Disability Inclusive](#).



Do you have any advice about college for parents of students with disabilities?

College is a great place to learn, grow, experience things that you may not have the chance to experience during High School. My advice to parents would be let your child advocate for themselves, ask for help on their own, do it scared, and enjoy the ride. College is a learning experience.

If you could go anywhere in the world, where would you go?

If I could go anywhere in the world, it would be Arizona.



Bergen Community College Turning Point Program

The Turning Point Program is a two-year postsecondary experience for young adults with intellectual disability interested in academic, vocational and social enrichment. Students participate in a career pathway credentialing course and have the opportunity to graduate with professional industry recognized credentials as well as a Certificate of Achievement through the Division of Continuing Education.

Learn more about the Turning Point Program

[Website](#)

[Program FAQ](#)

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