

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

Antonio Contreras. I am a first-year student at Georgia Tech EXCEL. I started in fall 2019.

What classes are you taking, and which is your favorite?

I'm taking Spanish, Technology, Communications, Self-Advocacy, and Study Hall & Career Success. I like Technology best because I get to learn things on the computer.

What do you like to do in your spare time?

I like to go to GT basketball and football games! I like to hang out with my friends. I like movies, and I like to work out at LA Fitness.

What do you hope to do after college?

I want to get a job in Atlanta. I want to work at LA Fitness, maybe, as a personal trainer. Maybe I could work at the airport and tell people where to go if they get lost. I like movies, so maybe I could get a job at Tyler Perry Studios. I'll be getting a job at LA Fitness this summer; I am excited about that. Me and two other people will stay [on campus] in the summer.

What advice do you have for students who want to go to college?

Go visit some colleges and do lots of homework [so you're ready for college]. College is a good thing.

What's good about college?

You study hard, focus on homework, make sure you turn in assignments on time. Email professors and tell them you turned it in. It's also important to make friends and have a good time. (Antonio likes to play intramural basketball.) I think that students should have roommates when they go to apartments or dorms in different colleges, with some Excel and some traditional students.



Antonio looking sharp



College is a
good thing.

—Antonio

Sign up to receive our monthly newsletter for more interviews, events and activities, and Think College publications.

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



What about parents of students, do you have advice for them?

Parents should get on airplanes and fly with their sons or daughters to visit college. Parents shouldn't worry too much about their kids after they help them move in [to college].

And how about one non-college question: do you have any New Year's Resolutions?

One of my NY resolutions is to become a Best Buddies Global Ambassador. I am going to start a Best Buddies chapter at Georgia Tech with my friend Erika.



ThinkCollege.Net Resources for Students

[College Search](#)

This page has information on 300+ college programs for students with ID.

[Student Stories](#)

These stories are about students' experiences before, during, and after college.

[Handouts in Plain and Clear Language](#)

These publications are written so they are easy to read and understand.



FOLLOW



www.thinkcollege.net



www.facebook.com/thinkcollege



www.twitter.com/thinkcollegeICI

CONTACT

thinkcollegeTA@gmail.com



SUBSCRIBE

www.thinkcollege.net/subscribe-to-mailing-list

Excel Program

The Excel Program offered by the Georgia Institute of Technology is a four-year college program for students with intellectual and developmental disabilities (I/DD) leading to two separate Certificates. The first is a Certificate in Academic Enrichment, Social Fluency, and Career Exploration and the second is a Certificate in Social Growth, Leadership, and Career Development.

Excel Program website:

<https://excel.gatech.edu/>

Watch this video to learn more about the Excel Program:

<https://www.youtube.com/watch?v=D-mn5Mo1a8>



Thank you to Antonio Contreras for their time and willingness to share a bit about their college experience!

This is a publication of the Think College National Coordinating Center, a project of the Institute for Community Inclusion at the University of Massachusetts Boston, funded by the Office of Postsecondary Education (Grant No. P407B15002). The opinions contained in this document are those of the grantee and do not necessarily reflect those of the funders.



ThinkCollege

NATIONAL COORDINATING CENTER

INSTITUTE FOR COMMUNITY INCLUSION, UMASS BOSTON