

In the fall of 2018, I got accepted into the Minneapolis College of Art and Design (MCAD), one of the Nation's top Art Schools for graphic design. I didn't fully understand how to access services to support my needs academically. My Autism got the better of me, and I had to drop out during the second semester of 2019. I applied to the ASTEP program last summer, and I got accepted for the 20-21 school year.

At ASTEP, I am supported by notetakers, so I don't miss important information during the professors' lectures. Peer mentors help me with homework, understanding assignments. They help me break down projects, so I don't get overwhelmed. I also have supports to help me in scheduling, making sure that I keep on track and don't get behind in my schoolwork, as my autism affects how I understand time and scheduling.

I also am an intern with the Minot State Athletics Marketing Department. I am learning how to make social media posts and also how to run promotions during sporting events. I even helped with finding entrance songs for Minot State players.

We do weekly hangouts via zoom, where mentors and ASTEP students check-in and play games to build social skills. ASTEP has helped me be healthier through my wellness class, where we learn how to exercise and eat healthy. I also have support in helping me keep my dorm room clean and organized.

ASTEP is an essential part of college life for me. I managed to get A's and B's at the end of my first semester, and I am on track to that again this semester. With the help of ASTEP, I am on my way to earn a degree in Graphic Design.

Radek Dvorak

Rdvrk.rk@gmail.com