

Supporting Autistic College Student Well-Being

Methodology: We conducted a national survey among 425 autistic undergraduate students in Fall 2022 on how they define success



Findings emphasized the importance of well-being in many students' definitions of success, from avoiding burnout to exercising gratitude and self awareness.



Participants 1109 & 1165

Feeling “self-love” (Participant 1109), “proud of yourself for who you are” (Participant 1165) and striving to “better myself in whatever ways I can” represented other ways for participants to keep up their well-being during college



Participant 1334

“To me, it also means successfully juggling burnout - working hard enough to do well, but not so hard I collapse and can't function.

I wish there was more emphasis put on “success” in college being learning as much as you can while still caring for your own needs.”

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CITATION:

COX, B. E. & NACHMAN, B. R. (2025). SUPPORTING AUTISTIC COLLEGE STUDENT SUCCESS THROUGH THE I.P.A.C.E. FRAMEWORK. PEACES [POSTSECONDARY EDUCATION: AUTISTIC COLLEGIANS' EXPERIENCES OF SUCCESS] WAVE 1, FALL 2022 (FAST FACT #18). COLLEGE AUTISM NETWORK.