

Self-advocacy is the ability to speak up for yourself by being able to identify and explain your needs to others. In high school, your parents/guardians and teachers were often your advocate, but when you go to college or a career training program, you will need to advocate for yourself.

Self-advocacy tips:

1. Realize that your success or failure in reaching your goals is your responsibility
2. Understand your disability and how it affects your learning and success
3. Learn what tools and resources you need in order to be successful
4. Explain your disability and communicate your needs to others, such as: disability services departments, professors, tutors, group study partners, testing officials, etc.
5. Ask for accommodations and services and use them. You are not asking for a favor; proper accommodations are required by law
6. Request additional help when you need it
7. Understand your strengths and use them
8. Schedule an appointment to meet with your instructors to discuss your disability and the accommodations you need. Be friendly, act professional, and bring a copy of your accommodations request from the disability services department. If you need help working with an instructor, ask the disability services department for help