Tips for Becoming a Self-Advocate

• Pay attention to what you like, what you are interested in!
• Discover what you do well... What are your strengths?
• Work with your teachers to figure out your preferred learning style.
• Explore your challenges.
• Start looking at what you need to do to get around your challenges. What are some helpful strategies?
• What types of supports do you need? Do you need an accommodation?
• Dream of the future... What do you want life to be like after high school? What about ten years from now? What type of a career will you have?
• Check out careers that sound interesting. Talk to people in these careers. Find out what type of education and/or training is needed for these careers.
• Practice independent living skills such as getting up on time, cooking, doing your laundry, managing money, keeping track of your assignments and schedule, taking responsibility for health needs, etc.
• Work on study skills, note taking, and test taking.
• Learn how to talk about your disability.
• Figure out if you need academic supports and accommodations.
• Learn how to ask for accommodations.
• Remember, disability does not define you, it is just a part of who you are.
• Get organized.
• Practice decision making and problem solving.
• Learn from your mistakes.
• Develop stress management skills.
• Set goals and achieve them. Start small.
• Be proud of who you are!
• Have fun becoming a self-advocate!

Adapted from: http://accessproject.colostate.edu/sa/