



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!