

Name

Date

Self-Advocacy Project

During your high school career and your transition to adulthood, there will be times when you need to self-advocate. It may not feel comfortable to speak up for yourself at first, but unless you learn to explain to someone what your needs are, you may not be as successful as you could be. In the past, your parents and teachers have informed others about your unique needs. However, those support people will not be able to do this for you when you become an adult.

Using the self-advocacy worksheet, you will research your academic strengths and weaknesses. A good place to look for this information is your IEP. If you are unsure about what something means, you need to ask your teacher. In addition to knowing your strengths and weaknesses, you need to know how you learn best. For example, you may need to have extended time or a quiet environment in order to do your best work.

To learn how to self-advocate, you need to practice. With practice, your performance will improve. To help you practice, have your teacher pretend that he or she is a learning support person at a technical school or college. You are planning to take classes next year, but the teachers and staff need to learn about you first in order to help develop a plan for you. The learning support person has never met you before, and you have just walked into his or her office. Tell him or her about yourself. After you complete this exercise, discuss with your teacher what you did well and how you could improve your ability to self-advocate.

Self-Advocacy

- Requires YOU to understand your own disability.
- Requires YOU to explain your disability to someone else.
- Requires YOU to speak up for yourself and your needs.