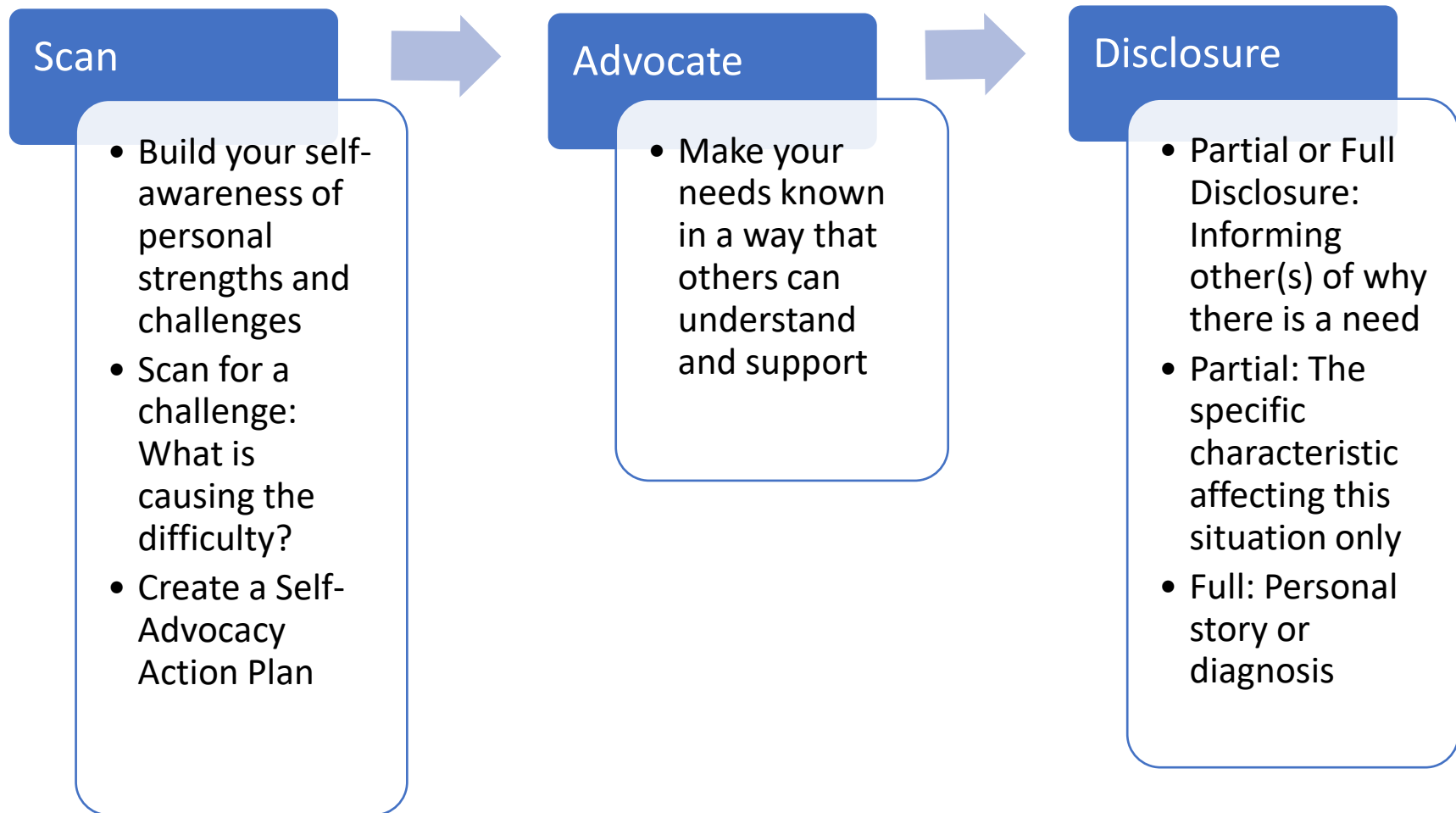


Steps to Self-Advocacy & Disclosure



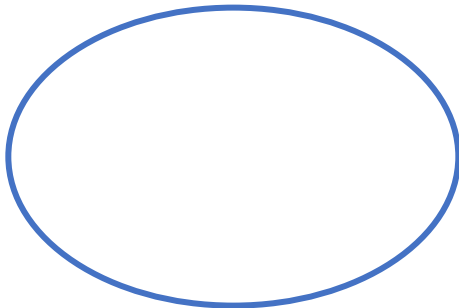
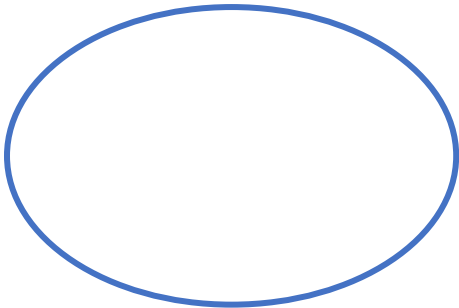
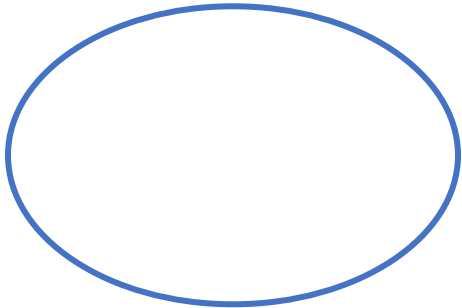
Developing a Self-Advocacy Plan of Action

Directions: Write at least two strengths on the left side of the page and at least two challenges on the right side of the page. Think about how you could create a strengths-based solution to one of your challenges. Draw a line to connect a strength to a challenge. If you get stuck, what resources are available to you to problem solve?

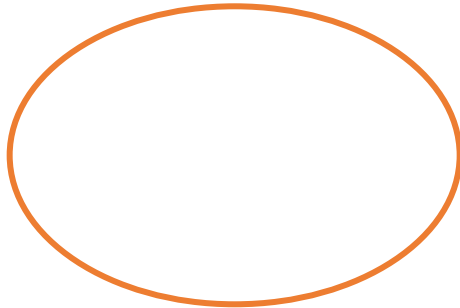
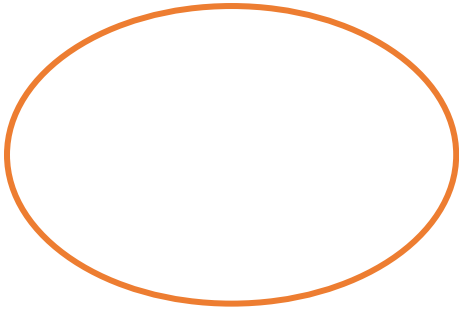
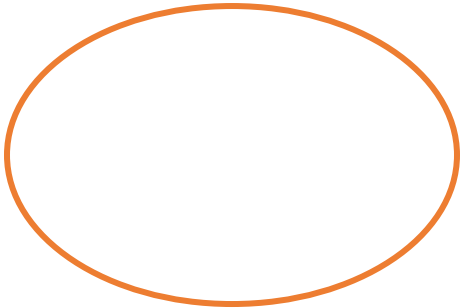
Strengths	Challenge Areas	Challenges
1.	<ul style="list-style-type: none">• Sensory (difficulties with visual, auditory, physical environment, etc.)• Social skills or problems	1.
2.	<ul style="list-style-type: none">• Staying Focused• Organization• Stress, anxiety, depression, etc.	2.
3.	<ul style="list-style-type: none">• Communication• Work/School balance• Other	3.

Action Plan

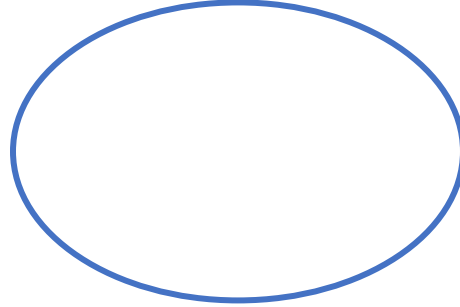
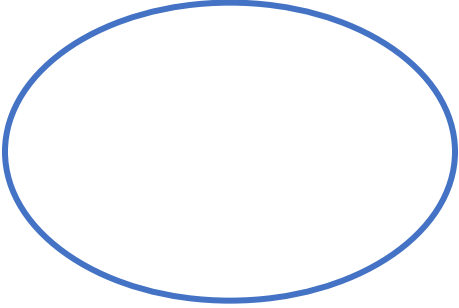
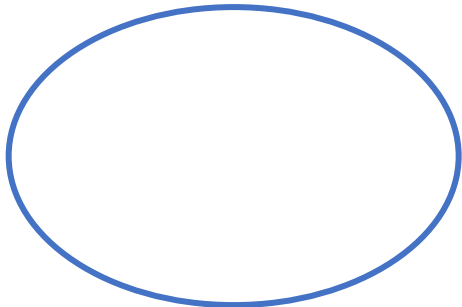
Strengths



Challenges



Strategies



Action Plan: Planning for Potential Practice Opportunities

Reflect on potential practice opportunities on campus, at work, or personally. Think about: How are you feeling about the ability to self-advocate and disclose? Can you think of any potential situations to apply your plan?

	1	2	3
Strategy			
Where			
Why			
When			
Who can support?			

Self-Advocacy (in Retrospect): Example to build skills.

Think of a time in your life where you and/or someone you know needed to advocate in order for to get what was wanted/needed. Explain. Try to include:

- ❖ Where were you?
- ❖ When did this happen?
- ❖ Who was involved?
- ❖ What were you (or someone else) advocating for?
- ❖ What was the goal?
- ❖ Why was there a need for advocacy?
- ❖ How did it go?
- ❖ What was the outcome?

Self-Advocacy and Disclosure Checklist

- ❖ Ask for what you need.
- ❖ Negotiate for yourself (working with others to reach an agreement that will meet your needs).
- ❖ Know your rights and responsibilities (ADA, Student Handbook, etc.)
- ❖ Being able to communicate your individual needs and why.
- ❖ Using the resources that are available to you (on and off campus, faculty, and student services).

Sample Email Template to Struggling Students

Email Template

Subject Line: I'm your advisor - Are you ok?

Body:

I see that you are struggling in your classes and I'm worried about you. Please let me know that you are ok. I'm here to listen.

Sincerely,