

## Appendix G: Developing Self-Advocacy Skills

### Self-Advocacy—standing up for yourself to get the resources YOU need to succeed

This worksheet will help you practice some common situations where you may need to use your self-advocacy skills.

**Tip #1:** Present specific and clear ideas, feelings, and thoughts. Be specific about what you want or need in the situation. It's okay to be direct and upfront.

**Practice:** Your professor has scheduled a test. You'd like accommodations for taking the test in a different way. In three sentences or less, try writing what you would tell that professor.

---

---

---

**Tip #2:** Use "I" statements. You want to be clear that your opinion or needs are your own.

**Example:** "I believe I need extra time to take tests in this class because..."

Write an "I" statement of your own here:

---

---

---

**Tip #3:** Ask for feedback from the person you are speaking to. It is important to make sure he understands what you are saying and that you understand his point of view.

**Practice:** Think about the last time you had a miscommunication with a fellow student or instructor. What feedback from them could have prevented the miscommunication? Write your ideas here:

---

---

---

**Tip #4:** Be relaxed. There is nothing to be nervous about; you are entitled to certain services under the law. Stay calm and take your time.

To help feel more confident, complete this statement and say it to yourself if you need to feel more comfortable asking for certain services:

"It is my right to receive \_\_\_\_\_ to succeed."

**Tip #5:** Know yourself and what you need. Think about the things you have used in the past to be successful. Then you can explain not only WHAT you need, but WHY you need it!

**Practice:** Make a list of the services you have received in the past that have been especially helpful:

---

---

---

**Tip #6:** Be prepared. Make a list of things you want to say and ask for. This will help to keep you on track as you meet with the appropriate people. Also, be sure to write down any questions you may have.

**Practice:** Pretend you're calling a college admissions office. Write down three questions you would like to ask the admissions staff about the accommodations commonly offered.

---

---

---

**Tip #7:** Have a support system. You may have a trusted counselor at the university, a friend, or a parent who can help you. You can brainstorm ideas with them, practice your advocacy skills, and have them with you as a support during the process.

**Practice:** List two people who can help you with this process. Write down why they are good choices for help.

---

---

---

**Tip #8:** Know your ADA, IDEA, and Section 504 rights. Review Appendix A of this guide if you need a refresher.

**Practice:** Write down one of the most important protections YOU think ADA or Section 504 offers you.

---

---

---

**Tip #9:** Educate others. You are an expert on how ASD impacts your life. Use your knowledge and skills to educate others about you and what you need.

**Practice:** Pretend you just met someone for the first time. He has asked you to explain what ASD is and how it affects your life. Explain this to him in three sentences:

---

---

---