

## **Self-Advocacy Worksheet**

Screen readers should type their responses after each colon.

### **1. Know yourself and your disability**

Before you can advocate for yourself, you need to identify your

Strengths (the skills you do well right now)

- My strengths are:

Areas to improve (the skills you need to improve that will help you realize success)

- The areas I need to improve are:

Interests (the areas you may want to explore)

- My interests are:

Preferences (the ways you like to learn)

- The ways I learn best are:

You also need to know how to talk about your disability in a way that other people will understand. Do you know what your visual/hearing impairment is?

- My vision/hearing/other disability is:

Where is your official documentation or paperwork that explains what your vision/hearing/disability is?

- The college/school/camp/facility has my documentation so that I can get the accommodations that will help me succeed: YES or NO  
If no, this should be one of your top priorities.

### **2. Know Your Rights and Responsibilities**

Schools cannot close their doors to you because you have a disability. Your school must provide services that will allow you an equal opportunity to succeed in school.

- My responsibilities are:
- My rights are:

### **3. Know Where to Go for Help**

A very important part of being successful is the ability to know when you need help or when you don't need help. Writing down the names and phone numbers of the people who will help you, including staff at the sport facility, the park, campus, etc., is a good idea.

- The people I can go to for help are: