

My Personal Self-Advocacy Plan

Name:

Grade:

Date:

My barriers are:

My learning strengths are:

My learning weaknesses are:

I learn best when:

The specific classroom accommodations I need are:

I need to develop the following self-advocacy skills:

Activity

School is a great place to practice self-advocacy skills. One way to practice these skills is to request accommodations. You can begin by sharing your written personal self-advocacy plan with a trusted peer, classmate, sibling, parents and general or special education teacher.

You can practice different styles of communication and compare what it feels like to talk in a passive (soft-spoken, timid) manner, an aggressive (loud and demanding) manner, and an assertive (pleasant and polite) manner. You can also role play situations in which the teacher, professor or employer refuses to provide any accommodations. This activity will provide you with several opportunities to become comfortable with the process of asking for accommodations.

Next, select the classroom teacher with whom you feel most comfortable, and present your plan to that teacher. Schedule an appointment at a time that is convenient for the teacher. Bring specific documentation describing your disability. If you are nervous about meeting with the teacher privately, you

can ask your special education teacher to accompany you for support and guidance.

Tips for requesting accommodations:

- Introduce yourself
- Share your learning style and strengths
- State your disability and any difficulties you are having in class or on the job
- Share what you do to accommodate your disability
- Request specific accommodations
- Thank your teacher for his/her time

Ask for feedback on how effective you were in describing your disability and accommodation needs.

Remember that self-advocacy is a process. Learn from your mistakes, and have the courage to try again!

Frequently Used Accommodations and Modifications

Materials/Books/Equipment

Access to Computer Calculator Manipulatives Supplementary Visuals
Alternative Text Consumable Workbook Speech to Text Devices
Alternative Worksheets Large Print Text Highlighted or Color Coded Text
Spell Check Word prediction or Voice Recognition Software

Tests/Quizzes/Assessments

Alternative Tests Oral Testing Simplify Test Wording
Extra Credit Options Pace Long Term Projects Student Write on Test
Hands-on Projects Preview Test Procedures Test Study Guide
Limited Multiple Choice Prior Notice of Tests Objective Tests
Reduced Reading Shortened Tasks Orally Read Tests/Directions
Extra Time—Tests/Projects/Written Work Rephrase Test Questions/Direct

Grading

Audit Course No Handwriting Penalty Modified Grades Based on IEP
Grade Improvement Pass/Fail

Organization

Assignment Pad Desktop List of Tasks List Sequential Steps
Provide Study Outlines Assign Partner Electronic Organizers
Pencil Box for Tools Daily Assignment List Templates for Written Work
Extra Space for Work Post Assignments Give One Paper or Section at a Time
Daily Homework List Folders to Hold Work Post Routines

Environment

Adaptive Work Space Preferential Seating Minimizing or Structure Transit
Clear Work Area Study Carrel Reduction of Auditory or Visual

Behavior Intervention/Support

Behavior Contracts De-escalation Strategies Parent/Guardian Sign Behavior
Break Between Tasks Emergency Plan Chart Progress and Maintain Data
Contingency Plan Peer Supports/Mentoring Cue Expected Behavior
Positive Reinforcement Daily Feedback to Student Parent/Guardian Sign Homework
Proximity/Touch Control Set/Post Class Rules Modeling Expected Behavior by

Instructional Strategies

Assign Study Partner Immediate Feedback Have Student Restate Information
Provide Models Check Work in Progress Mimed Clues/Gestures
Review Directions Concrete Examples Provide Notes/Outline to Student
Multi-Sensory Approach Review Sessions Cueing/Prompts
Number Line Use Manipulatives Extra Drill/Practice
Personalized Examples Use Mnemonics Visuals to Support Instruction
Highlight Key Words Pre-teach Content Computer Supported Instruction
Provide Student With Vocabulary Word Bank Support Auditory Presentations with Visual