

PRACTICING SELF-ADVOCACY



WHAT IS "SELF-ADVOCACY"?

Self-advocacy is the ability to speak up for yourself and effectively communicate your needs. It means understanding your strengths and challenges, knowing your rights, and actively seeking the support necessary for your success.

KNOW YOURSELF

Understanding your disability and how it impacts your learning is the first step. Take the time to reflect on your strengths and areas where you may need additional support. **Recognize that every individual's journey is unique, and there is no one-size-fits-all approach.**

EDUCATE YOURSELF ON RESOURCES

Familiarize yourself with the resources available at our college. Whether it's A.R.C. services, academic accommodations, or counseling, knowing what's offered and how to access it is key. These services are here to support you, but you must take the initiative to utilize them.

SPEAK UP

Don't hesitate to advocate for yourself. If you need accommodations in class or assistance navigating campus, communicate your needs clearly and respectfully. **Remember, advocating for yourself isn't a sign of weakness; it's a sign of strength and determination.**

BUILD A SUPPORT NETWORK

Surround yourself with allies – friends, family, professors, and counselors who understand your challenges and can provide guidance and encouragement. You don't have to navigate this journey alone.

BE PERSISTENT

College can be challenging for anyone, and students with disabilities may face additional hurdles. Stay persistent in pursuing your goals. If you encounter obstacles, don't give up. Seek help, explore different strategies, and believe in your ability to succeed.



FOSTER AWARENESS IN YOUR COMMUNITY

Lastly, help foster a culture of awareness and inclusivity within our college community. Share your experiences, educate others about disabilities, and advocate for policies and practices that promote accessibility and equity for all students.