

Student's Name

Self-Advocacy Checklist

Setting	Steps	Teacher/ Mentor	Date	Acquaintance	Date	New Person	Date	Real life Situation	Date
Classroom	Introduce Self								
	Describe Strengths								
	Describe Disability								
	Describe Support needs								
	Present Documentation								
Employment	Introduce Self								
	Describe Strengths								
	Describe Disability								
	Describe Support needs								
	Present Documentation								
Social/ Community	Introduce Self								
	Describe Strengths								
	Describe Disability								
	Describe Support needs								
	Present Documentation								

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Directions for using the Self Advocacy Checklist

Work with your teacher or peer mentor to practice the listed self -advocacy skills in each setting with:

1. Your mentor, or your teacher, or a someone you know well;
2. An acquaintance (someone you may have met, but do not know well)
3. Someone you have never met before (arranged by your teacher or mentor)
4. The appropriate person in the real-life situation.

Once you feel that you can do this very well without any help, put a check mark in the box and write down the date.

Helpful Hints

- You don't have to use your disability label if you don't feel comfortable with it. Just describe what you can do well and what you need help doing.
- When you find words that feel good to you, write them down to help you remember them and then practice using them again next time.
- Remember that it is OK to be nervous when talking about yourself; everyone feels that way. Practice will make it easier.

Some words or phrases that might help describing your disability:

In a class

I have difficulty hearing/seeing and need to sit in the front of the room.
I have a learning disability that makes it hard for me to process lectures.
My disability makes it difficult for me to read and write.

On the job

I have a learning disability that makes it hard for me to remember instructions when you tell them to me.
My disability makes it hard for me to quickly count money.
I have a seizure disorder that is controlled by medication.

In a social/community situation

I have a hearing impairment that makes it difficult for me to understand everything.
My disability makes it hard for me to read and understand the instructions on my medicine.
I have cerebral palsy and sometimes get tired after walking for a while.

Some words or phrases that might help describing your strengths:

In a class

I am very excited about being in your class.
I have always been interested in child development and I am quick learner.
I have always had an interest in art and am good at sketching.
I have a really good memory.

On the job

I am very excited to be working here.
I am very organized and detail-oriented.
I am very outgoing and work well with customers.

In a social/community setting

I really enjoy meeting new people.
I'm really good at figuring out how to take the bus.

Some words or phrases that might help describing your support needs:

In a class

In order to be successful in your class, I need to get notes ahead of time.
I have learned that these accommodations have worked best for me.
To hear everything you are saying clearly, I need to sit in the front row.
In the past, I have been most successful when given extra time on a test.

On the job

In order to be successful on the job, I need to have my daily instructions written down.
In the past, I have done a great job at the cash register if I have a practice guide next to me.
In case I have a question, I need to know who I should go to first.

In a social or community setting

Sometimes I have difficulty understanding people when they talk too fast; could you speak a little slower?
I have trouble reading that menu board. Could you help me pick out lunch?
I don't understand these forms very well. I have all the information with me - could someone help me fill this out?

Some words or phrases that might help in presenting documentation, if necessary:

In a class

Here are the forms that show my documented disability and the accommodations that work best for me in a class.

On the job

Here are the forms that show my documented disability and the accommodations that work best for me in the workplace.

In a social or community setting

Here are the forms that show my documented disability and the assistance I need.