

TEN STEPS TO SELF-ADVOCACY

1. BE ABLE TO DESCRIBE YOUR DISABILITY AND ITS FUNCTIONAL CONSEQUENCES
2. KNOW YOUR LEGAL RIGHTS AND RESPONSIBILITIES
3. DEVELOP INDEPENDENCE
4. START SLOWLY
5. CONTINUE TO BE RESPONSIBLE WITH ANY TREATMENT REGIMEN, INCLUDING MEDICATION
6. BE A PART OF THE DECISION-MAKING PROCESS
7. MEET WITH YOUR PROFESSORS AND ADVISOR TO DISCUSS YOUR DISABILITY
8. FIND MENTORS (STUDENTS AND/OR FACULTY)
9. MANAGE YOUR TIME EFFECTIVELY
10. MINIMIZE DISTRACTIONS

Adapted from: *Transitions to Postsecondary Learning* by Howard Eaton and Leslie Coull (1998)