
# INSTRUCTION IN

**SELF-ADVOCACY**

**Preparing Students to be Successful Self-Advocates**

# Self-Advocacy at School

* Participating in annual IEP meeting
* Leading annual IEP meeting
* Requesting at least one classroom/classwork/testing accommodation by talking to the teacher
* Joining school club or organization and participating in the activities
* Scheduling a meeting with a teacher to discuss academic improvement
* Volunteering at school to help a teacher or classmate
* Participating in career exploration (apprenticeship, field trip, job shadow, job fair, etc.)
* Completing learning style assessment and sharing the results with a teacher, family member or counselor
* Completing strengths and needs assessment and sharing the results with a teacher, family member or counselor
* Completing preferences and interests assessment and sharing the results with a teacher, family member or counselor

# Self-Advocacy in the Workplace

* Reading about disability disclosure in the workplace
* Discussing disability disclosure in the workplace with a teacher, family member, job coach or counselor
* Exploring Job Accommodation Network to learn about accommodations (appropriate for the disability) to request in the workplace
* Writing a request for an accommodation in the workplace for a supervisor
* Requesting a meeting with supervisor to discuss job performance
* Engaging in a positive conversation with a co-worker or supervisor to problem-solve

# Self-Advocacy in the Community

* Coordinating a group of friends to help clean up a local park
* Attending Tennessee Disability Day on the Hill
* Planning a community yard sale
* Attending event or workshop through the Arc Tennessee
* Attending a Disability Rights TN community event.

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**Resources**

# Self-Advocacy at School

* [How to Help Students Lead their IEP Meeting](http://www.ciclt.net/ul/mgresa/2.HowtoHelpStudentsLeadIEP.pdf)
* [Student Involvement in the IEP Process](https://www.iidc.indiana.edu/cclc/training-and-events/secondary-transition.html)
* [Learning Styles Assessment](https://www.how-to-study.com/learning-style-assessment/)
* [Strengths and Needs Assessment](https://transitiontn.org/assessment-database/)
* [Preferences/Interests Assessment](https://transitiontn.org/assessment-database/)
* [*Teen With Dyscalculia Shares Why She Tells Friends About Her Learning Issues*](https://www.understood.org/en/learning-thinking-differences/personal-stories/stories-by-kids/video-teen-with-dyscalculia-shares-why-she-tells-friends-about-her-learning-differences)

# Self-Advocacy in the Workplace

* [*Youth, Disclosure, and the Workplace Why, When, What, and How*](https://www.dol.gov/odep/pubs/fact/ydw.htm)
* [Job Accommodation Network](https://askjan.org/)
* [Request for an accommodation in the workplace](https://ldaamerica.org/self-advocacy-in-the-workplace-requesting-job-accommodations/)
* [13 Tools for Resolving Conflict in the Workplace, with Customers and in Life](https://www.mediate.com/articles/bermanLJ3.cfm)

# Self-Advocacy in the Community

* [Tennessee Disability Coalition Facebook page](https://www.facebook.com/tndisability/)
* [Tennessee Disability Day on the Hill](https://go.transitiontn.org/DDH)
* [Finding your Tennessee Legislator](http://wapp.capitol.tn.gov/Apps/fmlv3/districts.aspx)
* [The Arc of TN Workshops](https://go.transitiontn.org/ARCWorkshop)
* [Disability Rights TN community events](https://www.disabilityrightstn.org/resources/news/january-2017/in-the-community)
* [Find a Volunteer Opportunity](https://www.nationalservice.gov/serve/search)