



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.



Resources

Self-Advocacy at School

- [How to Help Students Lead their IEP Meeting](#)
- [Student Involvement in the IEP Process](#)
- [Learning Styles Assessment](#)
- [Strengths and Needs Assessment](#)
- [Preferences/Interests Assessment](#)
- [*Teen With Dyscalculia Shares Why She Tells Friends About Her Learning Issues*](#)

Self-Advocacy in the Workplace

- [*Youth, Disclosure, and the Workplace Why, When, What, and How*](#)
- [Job Accommodation Network](#)
- [Request for an accommodation in the workplace](#)
- [13 Tools for Resolving Conflict in the Workplace, with Customers and in Life](#)

Self-Advocacy in the Community

- [Tennessee Disability Coalition Facebook page](#)
- [Tennessee Disability Day on the Hill](#)
- [Finding your Tennessee Legislator](#)
- [The Arc of TN Workshops](#)
- [Disability Rights TN community events](#)
- [Find a Volunteer Opportunity](#)