

TEN STEPS TO SELF-ADVOCACY

- 1. BE ABLE TO DESCRIBE YOUR DISABILITY**
- 2. BE A PART OF THE DECISION MAKING PROCESS**
- 3. DEVELOP INDEPENDENCE**
- 4. FIND THE RIGHT COLLEGE**
- 5. START SLOWLY**
- 6. KNOW YOUR RIGHTS AND RESPONSIBILITIES UNDER THE LAW**
- 7. MEET WITH YOUR PROFESSORS TO DISCUSS YOUR DISABILITY**
- 8. FIND MENTORS (OTHER STUDENTS OR FACULTY)**
- 9. MANAGE YOUR TIME EFFECTIVELY**
- 10. MINIMIZE DISTRACTIONS**

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