

# Student Self- Advocacy

## WHY ?

**Self-advocacy is important because it relates to understanding how disability may impact your experience as a student, how to establish clear and receptive communication with your faculty regarding your accommodations, as well as taking advantage of the accompanying resources available.**

### BENEFITS

- **Improved communication skills**
- **More self-confidence**
- **Improvements in testing performance**
- **Reduced anxiety**

### ESSENTIALS

- **Be assertive rather than aggressive**
- **Be direct, stating clearly, firmly, and politely what your needs are**
- **If something isn't clear to you, ask questions**
- **Take time to listen to others, respecting their points of view**
- **Ask for help when you need it**
- **Acknowledge your own mistakes**



# Homewood

## Student Disability Services

### STEPS

- **Disability self advocacy can be difficult! Gain understanding surrounding how your disability may impact you as well as the challenges it presents**
- **Know the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation act. Rights to equal access to postsecondary education, non-discrimination, participate in/enjoy benefits of the school, accessible education, the appropriate accommodation, and privacy**
- **Seek assistance from faculty and Homewood Student Disability Services**
- **Stay in contact with SDS as well as your professors regarding your accommodation(s) and adjust accordingly**