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
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.