



SELF ADVOCACY CHECKLIST

Name:

Date:

- Do you think that you are a confident person and are able to make eye contact while conversing?
- Are you able to briefly but confidently explain your disability and the level?
- Can you state your strengths and the best qualities you feel about yourself?
- Do you think your weaknesses often obstruct you from getting what you desire?
- Do you freely ask for help?
- Are you hesitant to talk to other people?
- Are you open to your teachers and friends about your likes and dislikes?
- Are you comfortable making your own decisions?
- Are you successfully able to identify what kind of help you need?
- Do you indulge in making plans with your friends and family?
- Can you confidently state your goals and aspirations in front of people?
- Can you independently request and effectively use academic accommodations in all your classes?
- Can you effectively communicate your needs?
- Do you offer to assist others when they need help?
- Do you speak up for yourself in awkward or difficult situations?