

## Self-Advocacy

**Instructor:** Present this short strengths assessment as the student participates in regular education classroom settings, employment experiences, school-based vocational experiences, etc.

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

	1 NO	2 MAYBE	3 YES
1) Do I know what rights I have according to my Individualized Education Program (IEP) or 504 Plan?			
2) Do I know what rights I have according to the Americans with Disabilities Act (ADA)?			

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
3) If I don't understand my rights, do I feel comfortable asking my instructor to help me understand?				
4) If I think my rights are not being protected, am I able to go to my instructor/supervisor and report my concerns?				
5) Sometimes we may need accommodations at school to help us do our work more efficiently. If I am supposed to receive a certain accommodation in my classroom, (e.g. separate setting for tests, class notes, read aloud) do I ask for that accommodation when I don't receive it?				
6) If I am supposed to receive a certain accommodation in my work setting, (e.g. adapted work space, adjusted work schedule, headphones, etc.) do I ask for that accommodation when I don't receive it?				

	1 NEVER	2 SOMETIMES	3 MOST OF THE TIME	4 ALWAYS
7) Do I attend the meetings where there are discussions about what accommodations and strategies might help me?				
8) Am I able to participate in these meetings by expressing my thoughts and opinions?				
9) If I am uncomfortable expressing myself at these meetings, am I able to ask someone to help me?				
10) Am I able to recognize my strengths and my challenges and understand when I might need help?				
11) If I think I am having a new difficulty at school or work, am I able to tell my teacher/supervisor?				
12) If I am having difficulty at school or work, am I able to ask for a new accommodation or strategy to help with that problem?				
13) Am I able to advocate or speak up for myself and make my feelings and opinions known?				
14) If I am uncomfortable speaking up for myself verbally, am I able to write down my thoughts and share them with the person who needs to know?				
15) Sometimes we may feel like our jobs do not challenge us or do not match our skills or strengths. If I ever feel this way, am I able to report my feelings to my instructor/supervisor?				
16) Am I able to request a change in my work responsibilities if I don't think they match my skills and abilities?				