Self-Advocacy is the ability to voice one's own needs to another person. In your college experience, you will need to inform instructors and staff of the accommodations you have been granted. However, let Student Access Services know if you cannot resolve a problem on your own. Before you approach an instructor, consider the following:

1. What accommodations have I been granted?

You and your SAS Specialist have established your accommodations. You are the only one who knows EXACTLY what works for you and you want to be able to explain this clearly to your instructor.

1. Why do I need the accommodations?

Answering this question will aid you in identifying yourself as well as your strengths and weaknesses. You do not have to disclose your specific disability to your instructor.

1. To whom am I presenting these accommodations and when should I approach them?

Scheduling a meeting with an instructor or staff member will ensure you get the time you need to discuss your accommodations. Also, a great time to talk to instructors is during their office hours.

1. When can I utilize my accommodations?

Accommodations are effective from the point you receive your Accommodation Certificate. Be sure to give a copy to your instructor(s) as soon as possible. If you wait until the last minute to schedule tests, it may be difficult or impossible to make accommodations within the time frame needed. Remember, accommodations are not retroactive.

1. Where can I use them?

You may have classroom accommodations, test accommodations or both. Be sure you know where you will be taking your tests and the procedure for scheduling them. Inform your instructor on how the procedure works. Classroom accommodations will need to be arranged with your instructor.

Speaking one-on-one to an instructor might be stressful for you. Some tips to help lessen the stress:

* Write your 5 W responses (above) on 3x5 card; refer to your notes when needed.
* Practice what you will say **out loud;** do this in front of a mirror, a friend or SAS Specialist.
* Once you feel comfortable approaching the instructor, go for it! You will come across as a confident student who knows how to take charge of your own needs.