

Sample Self-Advocacy Plan

Name: _____

Age: _____

School: _____

Date: _____

Important Information About Me

The most important part of self-advocacy is being able to share information about yourself with others. In order to be prepared in an IEP meeting, think about and write responses to the following:

1. What positive information do I want to share with others, such as my interests and strengths?

Interests:

Strengths:

2. What do I want to learn or work on improving this year?

3. What are my special concerns?

4. What goals have I set for myself for the future?

Next year:

After high school:

5. How would I explain my disability to others?

6. What do I need to be successful? (I need the following accommodations; explain why.)

7. How do I learn best?



8. What does not work for me?

9. This year I intend to:

- Give important information to my parents or teacher to share with the IEP team
- Lead my IEP team meeting
- Come for just a few minutes rather than attending the whole meeting
- Attend an entire IEP meeting
- Understand what is written in my IEP
 - Goals and objectives?
 - Related services?
 - Accommodations?
 - Assistive technology?
- Review the results of the meeting with my parent or my teacher
- My other self-advocacy plans include:

Publication provided by PACER Center: 2014, 2006 PACER Center; ACTion Sheet: PHP-c149b



The contents of this publication were developed under a grant from the US Department of Education, H328M150022 (PATH), H328M150023 (PEN), & H328M150024 (TEAM). However, those contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government.



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