

What YOU Can Do to Help Yourself

Self-Advocacy Strategies

What YOU can do: Use your communication repair strategies!

- ☐ If you aren't clear about homework or test instructions, **ask the teacher to repeat.** ("What page in the math book?")
- ☐ **Raise your hand and let her know when it is too noisy.** ("I'm sorry Mrs. Lee, I'm having a hard time hearing you.")
- ☐ **Close the door** if it is noisy in the hallway **or ask someone** who is making noise to be quiet. ("That makes it hard for me to hear. Could you please stop?")
- ☐ Every class changes activities. **Be sure you are ready** and watching the teacher to catch what she says.
- ☐ Remind your teacher to use the **FM microphone** and to pass it to the student who is answering a question.
- ☐ Use the **FM during small group** work; pass the microphone between the students in the group.
- ☐ **Change your seat** if you need to be closer to the TV, computer, group or someone who is talking. Sit in front during an assembly and/or be sure the FM is used.

What you AND your teacher working together can do: Discuss your strategies and needs first.

- ☐ Develop a **signal system** with your teacher so you can let her know when you don't understand.
- ☐ Use your signal to let her know you **need the information to be repeated or summarized** after a student talks.
- ☐ Be sure the teacher knows you need to **see her face.**
- ☐ Remind her to use **closed captioning** for all TV, video streaming or computer information used in class.
- ☐ Ask her to **write important information**, like homework, test instructions, or announcements on the board.
- ☐ Work in a small group **in a quiet place** like the hallway
- ☐ **Arrange for notes** to be taken by another student or voice-to-text recordings made. Your job is to listen!
- ☐ Remind her to use **closed captioning** for all TV, video streaming or computer information used in class.

What you AND your friends working together can do: Let them know what you need!

- ☐ **Ask a student neighbor** to explain the directions. ("Which part are we supposed to do first?")
- ☐ If you miss information from student answers during a discussion, you can **ask a neighbor** to repeat.
- ☐ **Remind your friends** that they may need to tap you to get your attention when it's really noisy if you are not watching their faces.
- ☐ When you are talking with friends and miss something, **ask them to repeat.** ("Practice is at what time?")

