

*College is a big responsibility, so it is very important you begin now to develop skills needed for success. You may need appropriate accommodations, but after these are provided it is your responsibility to do well.*

## **COLLEGE SELF-ADVOCACY**

### **I NEED TO:**

- ◆ Take control of my life and develop independence.
- ◆ Understand my abilities and disabilities and be aware of the accommodations I will need.
- ◆ Recognize that success or failure is up to me.
- ◆ Learn to be my own advocate by expressing my needs clearly to the DSPS office staff and to my instructors early in the semester.
- ◆ Arrange for needed accommodations such as tape recorders, test proctoring, adaptive reading and listening devices, interpreters and note takers.
- ◆ Take advantage of classes that offer instruction in basic skills, study skills, time management, stress management and career planning.
- ◆ Use a calendar to record all appointments, test dates and assignment due dates.
- ◆ With my college counselor plan a reasonable school, study and work schedule.
- ◆ Visit the DSPS office for assistance, questions, counseling and class selections at least once a semester.
- ◆ Meet with instructors and DSPS staff to ask for help before it is too late.
- ◆ Sit near the front of the room to help eliminate distractions.
- ◆ Go to all classes, be on time, take notes and participate.
- ◆ Observe student code of conduct policies published in the catalog.
- ◆ Plan on spending two to three hours studying for every hour in class.
- ◆ Organize long-term projects step-by-step.
- ◆ Balance my schedule by allowing time for rest and recreation.