



# Sample Self-Advocacy Plan

Name \_\_\_\_\_ Age \_\_\_\_\_ Date \_\_\_\_\_ School \_\_\_\_\_

## 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:

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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: