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:
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: