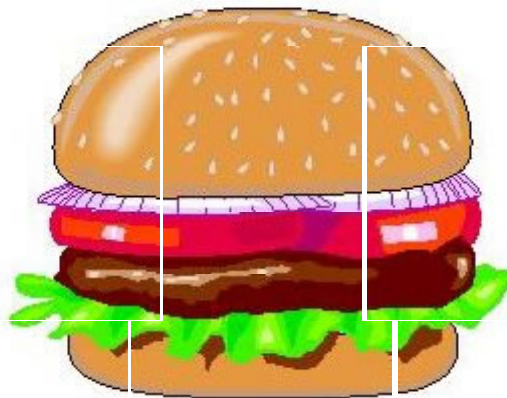


Self-advocacy is a way of acting that helps you tell others about what you need to get the job done right.

Take a look at the “sandwich approach”. Students: think about the make-up of a sandwich, or a hamburger. While visualizing (or looking together at a picture such as the one below), first focus on a **strength** that you have, next think about a weak area or **area of challenge**, and follow that quickly by an explanation of an **accommodation** that you can use to deal with the weak area.



This method should be part of my vocabulary. If I can first focus on my **strength**, then identify the **weak area** and explain an appropriate **accommodation** that will help, I will better be able to be successful in a variety of environments.

An example would be: "I am **very good at building cabinets** (STRENGTH).

However, I sometimes have **difficulty in reading the written directions** (CHALLENGE),

but I have found that if the **directions are read out loud**(ACCOMMODATION),

I can understand and follow them more accurately."