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."

Adapted from Florida Bridges to Practice, Dr Rochelle Kenyon et al.