Examples of Self-Determination Activities Focused on Building Skills to Disclose Disability

Grade 10: Selene needs to become more comfortable with disclosing her disability and requesting accommodations in H.S. Possible activities might include:

- Make a list of accommodations that are most helpful for her this year.

- Watch video clips of post-secondary students disclosing to instructors (ChoiceMaker)

- Practice requesting assistance/accommodations with general education teachers as per her Measurable Annual Goal.

- Practice different ways of making requests until she is confident doing so.

- Practice disclosing her disability in her IEP meeting.

- Research the resources available at the community college with help, if necessary, from her counselor, Learning Support teacher, and family.

Grade 11: Selene needs to learn ways to routinely disclose her disability and request specific accommodations in preparation for post-secondary education. Possible activities might include:

- Write out sample scripts of how to disclose her disability with support from her LS teacher.

- Review The 411 on Disability Disclosure: A Workbook for Youth with Disabilities www.ncwd-youth.info/wp-content/uploads/2016/10/411_Disability_Disclosure_complete.pdf

- Develop a list of effective accommodations that she can eventually share with college instructors/professors.

Grade 12: Selene needs to learn effective ways to seek help from others at the post-secondary program (Disability Student Services, tutors, Writing Clinic). Possible activities might include:

- Visit the campus after she applies and prior to graduation from high school to meet with the Disability Support Services director and staff and with the Writing Center director.

- Share her disability, accommodation needs and useful strategies, and learn the process for using DSS and accessing the Writing Center.

- Write out scripts (for different types of classes, such as math, biology lab, distance learning courses, etc.) to describe what specific accommodations she needs to succeed.