

# SELF-ADVOCACY

## REFLECT

What are you good at?  
What do you need help with?  
What classes are you struggling with?  
What are your goals?

## FIND BEST FIT

Who can help answer your question or solve the problem?  
Who is a comfortable and helpful person you can reach out to for support?

## HOW TO SELF-ADVOCATE

## FOLLOW THROUGH

Make sure there was a solution that you agreed with.  
Check in with yourself and others that you feel supported.

## TAKE ACTION

Set up a meeting or send an email to communicate what you need. Use your support person to craft or practice taking action.

### IF YOU ADVOCATE FOR YOURSELF: ;

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- MEET YOUR GOALS
- FEEL SUPPORTED
- CREATE RELATIONSHIPS

### IF YOU DO NOT ADVOCATE FOR YOURSELF: ;

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- FEEL DEFEATED OR ALONE
- GET TAKEN ADVANTAGE OF
- LESS LIKELY TO ASK FOR HELP IN THE FUTURE