

SELF-ADVOCACY

IS NOT EASY! [EVEN FOR ADULTS]

SELF-ADVOCACY

is when you represent yourself, your views, and your interests. It is a necessary skill you need to function independently so you can achieve your personal goals!



YOU WILL NEED TO SELF-ADVOCATE WHEN YOU:

- Apply for college,
- Talk to your teachers & advisors
- Interviewing for a job

It might be uncomfortable at first, but that is OK because

THESE PROCESSES ARE NOT DONE FORMING UNTIL WE ARE 25-30 YEARS OLD!



THE PROCESSES INCLUDE HAVING

METACOGNITIVE AWARENESS:

Having an awareness of, and the ability to actively monitor, one's own thinking, and the acknowledgment of one's own strengths and weaknesses.

EMOTIONAL SELF-REGULATION:

Being able to manage and modulate one's emotions and having the emotional self-confidence and self-esteem to speak up.



DISABILITY
RESOURCE CENTER

HOW DO YOU DO IT?

**BELIEVE IN YOURSELF &
PRIORITIZE YOUR NEEDS**

**LEARN & PRACTICE EFFECTIVE
COMMUNICATION TO CONVEY YOUR IDEAS**

**MAKE YOUR OWN DECISIONS
ABOUT YOUR LIFE**

**LEARN HOW TO GET INFORMATION SO YOU CAN
UNDERSTAND THINGS THAT ARE OF INTEREST TO YOU**

COMPROMISE WITH OTHERS

**LEARN ABOUT WHO WILL SUPPORT
YOU ON YOUR JOURNEY**

**PROBLEM SOLVE TO ACHIEVE
YOUR GOALS**

NOW IS THE TIME TO PRACTICE!

We all feel stress and anxiety. As we get older, we learn to not let those feelings stand in our way.

Try it out - learn how to clearly express to others what is best for you. It is a great life skill you will never want to be without.

If you feel like you struggle to self-advocate, feel free to practice by reaching out to us at drc@utahtech.edu to discuss options to receive accommodations!