

T. Scott Smith Consulting

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Self-Advocacy Skills for College and the Workplace

Educational Brochure for College Students

Overview

Self-advocacy is the ability to understand your needs and communicate them effectively to others. In college, self-advocacy helps you access accommodations, clarify expectations, and seek support when challenges arise. These skills are also essential for success in employment and adult life.

Learning to advocate for yourself builds confidence and independence. Practicing these skills during college prepares you to navigate academic settings, work environments, and community resources.

Key Self-Advocacy Skills

- Understanding your strengths, challenges, and support needs
- Communicating needs clearly and professionally
- Knowing when and how to ask for help
- Understanding your rights and responsibilities
- Making informed decisions and following through on commitments

Student Self-Advocacy Checklist

- ✓ Practice explaining your needs in simple, clear language
- ✓ Communicate with professors early when concerns arise
- ✓ Use disability services and other campus supports as needed
- ✓ Keep track of emails, appointments, and deadlines
- ✓ Reflect on what strategies work best for you

Recommendations for Students

Self-advocacy is a skill that improves with practice. Start with low-pressure situations and build confidence over time. Being proactive and organized helps others respond more effectively to your requests and supports your long-term academic and vocational success.

For More Information

For individualized guidance, transition planning, or vocational rehabilitation services related to college students with autism, please contact:

Dr. T. Scott Smith

Vocational Rehabilitation Counselor

collegeandautism.com

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