

Self-Advocacy Role Play Scenarios

All through your K-12 education you've likely had a parent or guardian to help explain to your school your specific needs. Maybe your mom worked with your school teachers and counselors to put together an Individualized Education Plan, or your dad made sure your classroom knew you had a severe food allergy, or perhaps you worked with a doctor to address test anxiety – regardless of the situation you had help; but college is a different world. As you prepare for college you should add “advocating for yourself” to your list of preparations. Practice these role-play scenarios to increase your confidence in speaking up for yourself.

You walk into the disabilities office to request accommodations, how do you introduce yourself and explain your disability?

The disabilities officer asks you what accommodations you have received in the past and how they have helped you. How do you respond?

You attend your first day of class, the professor makes an announcement to the class, “If anyone requires any accommodations, please see me at the break.” What do you say when you talk with your professor at the break?

You begin classes and feel like you no longer need accommodations. However, a month into class you start to feel you could benefit from an accommodation. Who would you approach and what would you say?

You have been approved for accommodations; however, your professor is not complying. How would you move forward?