

Self-Advocacy

Your teacher has just given instructions for an assignment to complete in class. What might you do or say to advocate for yourself if...

- You don't understand what you're supposed to do
- You're having trouble getting started
- You don't think you can finish by the end of the class
- Your partner isn't doing their fair share of the work
- You couldn't hear the next step because people were talking over the teacher
- You are put into a group with people that you don't get along with
- You are feeling anxious and overwhelmed and can't focus on the assignment
- The class is too noisy and it is difficult to concentrate
- You forgot to bring materials that you need for the assignment – they're in your locker on the other side of the school

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Your teacher has just told the class that you will be completing a lab on Tuesday that is worth 25% of your final grade. What might you do or say to advocate for yourself if...

- You leave for vacation on Monday
- You are supposed to go to a band lesson halfway through class on Tuesday
- You didn't do well on the last lab and lost 20 points
- Your lab partner isn't listening to any of your ideas
- You aren't sure if your calculations are correct, and the numbers are used to calculate other answers
- You don't know what a word means on the lab paper
- You are feeling anxious or worried about the lab on the days leading up to it
- Your partner is doing one of the steps incorrectly and you tell them, but they ignore you and do it anyways