

TEN TIPS

FOR STUDENTS WITH DISABILITIES... FROM STUDENTS WITH DISABILITIES

- 1. Disability accommodations are rights, not special help.**
Ask for what you need. Advocate for yourself.
- 2. You are an important and valuable part of campus diversity.**
Diversity includes disability.
- 3. College disability services offices can be gatekeepers.**
Most are good allies for students, but some are not. Demand professional, individualized, respectful services and file a complaint if you don't get them.
- 4. Feed your soul and body.**
Balance your valuable time, energy, and health.
- 5. Stay focused on your career.**
If it won't help you get a job or maintain your passion for college, don't bother.
- 6. Find a community.**
Never go it alone. Consider connecting with others who have disabilities.
- 7. Universally design your own learning.**
Learn how you learn best, and then use your strengths and unique learning style.
- 8. Never apologize for your disability or your accommodations.**
If you apologize, people may think you are ashamed.
- 9. Fight oppression and bullying in any form.**
Ableism is just one "ism." If one of us is oppressed, all of us are oppressed.
- 10. Learn disability history.**
Learn about the people and movements that made it possible for you to be in college.

