

Cuyamaca College

Disabled Students Programs & Services (DSP&S)

College Self-Advocacy

Self-understanding: Understand your disability and be aware of the accommodations you will need to succeed.

Establish your educational goals and make a plan to achieve them.

Learn to be your own advocate by communicating your needs clearly to the Disabled Students Programs & Services (DSP&S) staff and to your instructors.

Familiarize yourself with the rules, policies, and procedures that pertain to you as a DSP&S student.

Accept your disability by recognizing your strengths and understanding your weaknesses.

Develop a plan! Arrange for needed accommodations in advance (i.e., test-taking accommodations, books on CD, tape recorders, and adaptive listening devices).

Verify your disability. Understand your disability. Develop strategies to compensate for your disability.

Organize & Plan: use a calendar to record all appointments, test dates, and assignment due dates. Plan a reasonable school, study, and work schedule.

Come prepared! Bring school supplies, go to all classes, be on time, and complete your assignments.

Ask for help. The DSP&S staff is available to help students in need.

Campus resources: Utilize support services on campus (e.g., High Tech Center, Tutoring, Financial Aid, and EOP&S).

You are in control of your life. Take control of your education and develop independence!