It may feel uncomfortable—You might not feel “in charge”

DON’T WORRY—IT’S A BRAIN THING...

...It’s not done forming until we’re 20-SOMETHING YEARS OLD!

But now’s the time to PRACTICE!

We all feel stress and anxiety. As we get older we learn to not let those feelings stand in our way.

Check it out—learn how to clearly express to others what is best for you. It’s a great life skill you’ll never want to be without.

PROMOTING SELF-ADVOCACY FOR OUR STUDENTS
- Advising is a partnership between advisor and student and promotes student self-determination.
- Our academic curriculum and general education objectives directly address self-advocacy as a goal.
- Our student life structure promotes positive peer-to-peer engagement and expands self-advocacy as a life skill for success.