

Understanding Your Disability and How It Impacts You

It's important to understand your disability, how it affects you, and what supports you may need as you transition to college or the workforce – both of which are settings that are very different from what you might be used to in high school.

Try to picture different scenarios. As you consider the questions below, think about your strengths and areas of growth.

- ★ Can you describe your disability or disabilities? What is it and how does it impact you?

- ★ How does your disability affect the way you process information? How does it affect the way you approach new tasks? How does it affect the way you handle new and possibly stressful situations?

- ★ Can you advocate for what you need to be successful? Think about the accommodations, supports, or technology that help you succeed. Be able to describe what you use, how you use it, and how it helps you.