

Navigating College with Confidence: Self-Advocacy

Center for Student Accessibility Resources





Agenda

Introduction

Building Confidence

Advocating

Final tips & takeaways



Who Are We?



- Center for Student Accessibility Resources is committed to providing inclusion, accessibility, and equal opportunity for **ALL** students.
- Enhance equity and provide a platform for innovation and inclusion.
- We provide accommodation and assistive technology that enable students to access academic success.



Meet the Team:



Vez Osmani-She, Her

- Director of Access and Campus Resources
- Phone Number: 312-261-3488
- Email: vosmani@nl.edu
- Location: 122 S. Michigan Ave
- Room 5045
- Hours: 8:00-4:00 P.M
- Graduate, Veteran's, P.A.C.E

Andrea Shaw- She, Her

- Student Affairs Specialist
- Phone Number: 312-261-3742
- Email: ashaw6@nl.edu
- Location: 122 S. Michigan Ave
- Room 5044-B (Veteran's Center)
- Hours: 9:00-5:00 P.M
- Undergraduate, Kendall



The power of communication

Your Voice Matters



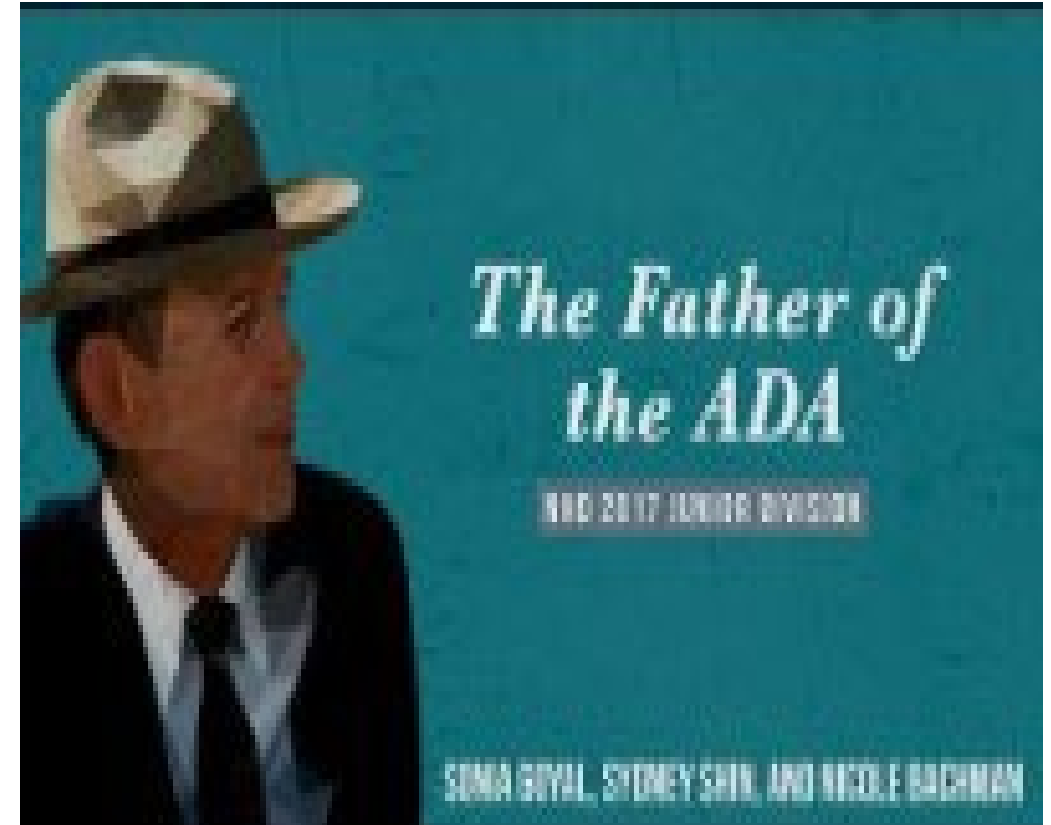
- Communication is key to exercising your wants, values, boundaries, and rights.
- Speaking with confidence
- Always communicate with assurance
- Let others know when you are satisfied and unsatisfied with an outcome or situation
- Communicating when you need help and seeking tools around you to support you.
- Communication will look different for everyone.



Your Voice Matters



- Advocating is what helped sign the ADA into law in 1990.
- A man named Justin Dart Jr., whom they call the father of ADA, assisted in ensuring the rights of people with disability would be treated fairly.
- Let's learn about Justin Dart Jr.



Voice Doesn't Have Age Limits



On March 12, 1990, over 1,000 people marched from the [White House](#) to the U.S. Capitol to demand that Congress pass the Americans with Disabilities Act, or ADA. When they got there, about 60 of them cast aside their wheelchairs and other mobility aids and crawled up the Capitol steps.

The “Capitol Crawl,” as it’s known, was a physical demonstration of how inaccessible architecture impacts people with disabilities. It also highlighted the urgency behind the need to pass the ADA, which President [George H.W. Bush signed into law](#) on July 26, 1990.

The youngest person to climb the steps that day was eight-year-old [Jennifer Keelan-Chaffins](#), who by then had already been protesting for two years.

Source: History.com



Overcoming nervousness



Confidence-building Strategies



Confidence- Building



- Take small steps
 - Ask for help for small things
 - Make eye contact when having conversations
 - Practice what you plan on saying before the conversation with family and friends.
 - Research if you may need to support your objective
 - Be Direct and Assertive
 - Control your tone and body language
 - Practice Active Listening
 - Invite questions in the conversation
- 



Advocating

What does this mean to you?

What is Self-Advocacy?



What is Self-Advocacy?

<http://canlearnsociety.ca/>



- Have you ever been in a place where advocating for yourself takes place, and what were the results?

Advocacy Resources



People

1. You
2. Advisors
3. Teachers
4. CSAR
5. NLU Resources

Tools

1. Emailing – Communication through email to advocate.
2. Schedule a meeting- You can always schedule a meeting to learn more about the resources and tools offered to you.
3. Knowing your Rights- NLU Policies/ CSAR Manuel
4. Asking questions to ensure clarity
5. Networking



Speaking impact



Your ability to communicate effectively will impact you and others who want to speak up for themselves.

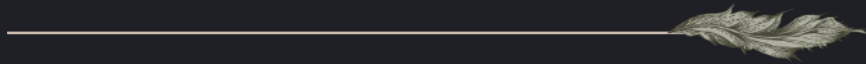
Effectively communicating involves delivering a message and resonating with your experiences, values, and emotions.

Final tips & takeaways



- Seek feedback
- Reflect on results
- Explore new techniques
- Set personal goals
- Be adaptable
- Practice
- Tone/ Delivery
- Direct/Assertive
- Respectful

Any questions?



Thank you

Survey

