In High School you had a teacher advocate. 
In College, you must be your OWN advocate.

YOU NEED TO:
✓ Take control of your life and develop independence.
✓ Understand your abilities and disabilities and be aware of the accommodations you need.
✓ Learn how to be your own advocate by expressing your needs clearly to the DSPS staff and to your instructors early in the semester.
✓ Arrange for needed accommodations such as: alternate media, tape recorders, adaptive listening devices, interpreters, and note takers each semester.
✓ Take advantage of classes that offer instruction in basic skills, study skills, time management, stress reduction, and career planning. *Recommend DSPS 021 Assistive Computer Lab
✓ Plan a reasonable school, study and work schedule.

♦ Use a calendar to record all appointments, test dates and assignment due dates.
♦ Plan on spending 2-3 hours of studying for hour in class.
♦ Balance your schedule by allowing time for meals, rest, and relaxation.

♦ Go to all classes, be on time, take notes, and participate by asking questions when needed.
♦ Sit near the front of the room to help eliminate distractions.
♦ Organize long term projects in a step-by-step fashion and allow extra time for completion.

♦ Request your proctoring accommodations using your syllabus.