

## Understanding your accommodations and supports

*Accommodations and Supports are so important!*

You may be asking yourself "what are accommodations and supports"? Hopefully this will help you understand what they are and how they help you.

The definition of accommodations is: Supports that help you succeed at a given task. Schools and colleges are required to give you the accommodations you need while in school. It is important to know what accommodations you are getting now so that you can ask for them and succeed in the future. As an adult, you are expected to know what you need and what your accommodations are; people are not going to be able to read your mind

Some examples of accommodations are:

- ✓ Extended time to finish tests
- ✓ Wheelchair Ramps
- ✓ Braille Menu at a restaurant
- ✓ Assistance in reading a book or a test
- ✓ Books on tape
- ✓ Large print handouts
- ✓ TV monitor connected to microscope to enlarge images
- ✓ Class assignments made available in electronic format
- ✓ "Real-time" captioning
- ✓ Audio-taped class sessions
- ✓ Computer with voice output,
- ✓ Computer with spellchecker and grammar checker
- ✓ Adjustable tables; lab equipment located within reach
- ✓ Reasonable adjustments with attendance policy



## Universal Design for Learning Worksheet:

**What are the best ways for you to learn/get new information?**

1.

2.

3

4.

**What are the best ways for you to show that you have learned something?**

1.

2.

3

4.

**In what environment do you learn best?**

1.

2.

3.

4.

**What motivates you to learn?**

1.

2.

3.

4.