

WHAT DO YOU KNOW ABOUT YOURSELF AND YOUR DISABILITY?

Complete the questionnaire below.

For each question, check the box (Yes, Sometimes, or No) that best describes you.

Questions	Yes	Sometimes	No
1. Do you know what you do well in school?			
2. Do you know what you do well outside of school?			
3. Can you easily explain your skills and strengths to other people?			
4. Do you know how you learn best?			
5. Do you inform your teacher how you learn best?			
6. Do you inform your employer how you learn best?			
7. Are you present at your own IEP or 504 meetings?			
8. Do you participate in your own IEP or 504 meetings?			
9. Do you disclose your disability to others?			
10. Do you practice disclosing your disability to others?			
11. Do you describe your disability differently depending on the setting or the people?			
12. Do you know what "reasonable accommodation" means?			

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13. Do you know what accommodations you need in order to be successful in school?			
14. Do you know what accommodations you need in order to be successful at work?			
15. Do you practice asking for the accommodations you need?			
16. Do you set long-term and short-term goals for yourself?			
17. Do you feel proud of yourself?			
18. Are there times you choose not to tell someone about your disability?			