

# Explaining Your Disability

(Emotional/Behavioral Difference)

It's important to share information about your disability and learning needs with your teachers. Together, you can find ways to perform better in class.

Follow these steps to help you plan what you'll say to each of your teachers.

**Step 1** Hi Mr./Mrs. \_\_\_\_\_. I've been asked by my Self-Advocacy teacher to speak to you about my emotional/behavioral disability and the strengths and needs I will have in your class.

**Step 2** First of all, an emotional/behavioral disability is \_\_\_\_\_

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I am working on developing skills to help me overcome my disability.

People with emotional/behavioral disabilities are \_\_\_\_\_

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**Step 3** I have difficulty with \_\_\_\_\_

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**Step 4** I am a \_\_\_\_\_ learner. I learn best by \_\_\_\_\_

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My strengths are in \_\_\_\_\_

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**Step 5** Some accommodations I receive right now are \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_.

**In your class, I think** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_ will help me most.

**I don't think that** \_\_\_\_\_

\_\_\_\_\_ should be a problem.

**Step 6** Do you have any questions for me?

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Practice what you'll say to your teacher. Role-play what you'll say first with another classmate, then with Mrs. Daus. Practice until you're comfortable enough to meet with your teachers.

Make an appointment with your teachers when you both have time to talk.

(Teacher signatures required to validate meeting)

Teacher \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Date \_\_\_\_\_

Teacher \_\_\_\_\_ Date \_\_\_\_\_

Comments:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Reflection

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It is important to reflect on the meeting you had with your teachers to determine whether the approach you took will work for you in future meetings or if you need to do some revising. Continue meeting with all of your teachers on a regular basis. Remember, the more you use this strategy, the easier it gets!

How was your meeting with your teachers? Check the statement that describes how your meeting went. Then, explain what happened in the meeting to make you choose that answer.

**Teacher** \_\_\_\_\_

- It was really great! \_\_\_\_\_
- It was okay. \_\_\_\_\_
- It was unpleasant. \_\_\_\_\_

**Teacher** \_\_\_\_\_

- It was really great! \_\_\_\_\_
- It was okay. \_\_\_\_\_
- It was unpleasant. \_\_\_\_\_

**Teacher** \_\_\_\_\_

- It was really great! \_\_\_\_\_
- It was okay. \_\_\_\_\_
- It was unpleasant. \_\_\_\_\_

**Teacher** \_\_\_\_\_

- It was really great! \_\_\_\_\_
- It was okay. \_\_\_\_\_
- It was unpleasant. \_\_\_\_\_

Things I might do differently next time:

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