

Definition: some kind of change to your environment that helps you be successful in accomplishing a task or goal.

WHY IS THIS IMPORTANT?

Everyone is different and has different needs. Accommodations help everyone succeed and make things more equal. You deserve accommodations!

SOME THINGS TO NOTE:

- Know the right person to ask for accommodations
- Get accommodations in writing if possible
- Be as specific as you can when requesting accommodations
- If you aren't sure what will help you, reach out to trusted adults for advice!

SANDWICH METHOD

(Strength, Challenge, Accomodation)