How to self-advocate and communicate your learning needs to your professors.

Hi, I am Shawn. I wanted to meet with you before any potential challenges come up about my academic needs before any challenges come up.

Good to meet you, Shawn. I am glad you came to see me today.

I hope you can work with me this semester. I have an autism and it affects my body language and study skills, for which I get accommodations for with campus’s disability services. But I may need some more support for when I fidget in class. It helps me focus. I want to do well in your class, and I am open to your feedback.

If you’d like, I can email you a list of resources that will help you learn more about autism. Thank you for your time and understanding. Have a great rest of your day.

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