

My Accommodation & Progress Blueprint: Self-Advocacy & Goal Tracker

Understand Your Learning Superpowers, Track Accommodation Success & Master Your Goals

Student De-ID / Name: _____	Case Manager / Teacher: _____	Date: _____
Target Goal Area: ☐ Reading Fluency ☐ Math ☐ Executive Function	Classroom Setting: ☐ General Ed ☐ Co-Taught ☐ Resource	Review Cycle: ☐ Bi-Weekly ☐ Quarter

1. The 4-Step Self-Advocacy & Goal Flowchart

Step 1: Know Your Superpowers Identify your learning strengths (visuals, listening, hands-on) and specific challenge areas.	Step 2: Use Your Supports Activate your accommodations (extra time, graphic organizers, sensory breaks) with confidence.	Step 3: Track Real Progress Log your weekly practice scores and task completion on the tracking matrix below.	Step 4: Speak Up for Needs Communicate respectfully with teachers when you need an accommodation applied.
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2. Bi-Weekly Progress Monitoring & Accommodation Data Log

#	SMART Target Goal	Accommodations Used During Session	Progress Data & Teacher Observation
EX	Math Word Problems (Student Alpha • Grade 8)	[SUPPORT] Graphic organizer + highlighters for key math vocabulary + 1.5x time.	[DATA] 4 out of 5 word problems correct (80%). Transitioned independently in 2m.
1	Reading Comprehension • Main Idea Identify central idea in 4/5 passages.	☐ Audio Reader ☐ Chunked Text ☐ Visual Anchor Chart	Trial 1 Score: _____ % Trial 2: _____ % Notes: _____
2	Executive Functioning • Stamina Sustain focused work for 20 minutes.	☐ 2-Min Sensory Break ☐ Visual Timer ☐ Checklist	Stamina Achieved: _____ mins Notes: _____
3	Written Expression • Sentence Scaffolds Write 5-sentence paragraph with transitions.	☐ Speech-to-Text ☐ Sentence Frames ☐ Word Bank	Rubric Criteria Met: ☐ 1 ☐ 2 ☐ 3 ☐ 4 Notes: _____

3. My Personal Self-Advocacy Script & Support Request Workshop

Practice how to ask your teacher for your approved classroom accommodations:

Classroom Scenario: *The teacher just assigned an independent 45-minute reading test, and you know you need chunked questions and 1.5x extended time.*

My Polite Self-Advocacy Script:

"Hello Ms./Mr. _____, for today's test, I plan to use my approved accommodation of _____. Could I take the test in the designated quiet corner / use my visual timer? Thank you!"

My Personal Accommodation Checklist for Tomorrow:

☐ Bring sensory tools • ☐ Request digital text format • ☐ Check in with case manager after Period 4

4. Metacognitive Growth & Self-Reflection Rubric

Growth Dimension	Emerging (1 Pt)	Proficient (2 Pts)	Exemplary (3 Pts)
Self-Advocacy	Waits for teacher to prompt accommodations; hesitates to ask.	Requests accommodations politely before tests or tasks begin.	Independently manages tools and explains needs with clarity!
Task Stamina	Struggles to sustain attention past 5 minutes without disengaging.	Works steadily for 15-20 minutes using scheduled break intervals.	Demonstrates independent focus and transitions smoothly!
Goal Ownership	Unaware of personal IEP goals or progress data trends.	Tracks bi-weekly progress scores and identifies growth areas.	Celebrates goal mastery and actively sets new personal milestones!

5. Special Education Growth & Self-Advocacy Honor Pledge

I proudly commit to my learning growth and personal advocacy:

☒ **Self-Advocacy:** I take responsibility for my learning by using my approved accommodations and asking for help when needed.

☒ **Honest Effort:** I complete all practice tasks with my authentic best effort and track my true progress data.

☒ **Privacy Respect:** I protect my own and my classmates' personal academic goals and accommodations with total confidentiality.

Student Signature: _____ **Date:** _____