

Learning Online and Self-Advocacy

1. Prepare yourself for academic learning

- If the assignment requires time, ask yourself, how can I prepare to complete this assignment?
- Create a plan to complete the assignments
- Hold yourself accountable to complete the established plan
- Acknowledge any barriers that you may face when completing the assignments
- Request for assistance when needed



1. Communication with your professor

- If the assignment instructions are unclear or you have missed the deadline for the assignment, email your professor.
- Send an email introducing yourself, explain your concern and/or request for accommodation, and request for accommodations



1. When requesting accommodation

- Ensure the tone of voice is neutral
- State the accommodation you are requesting and why you are requesting for an accommodation
- Have an eye-contact with your professor (if meeting in person or through Zoom)
- Remember your instructors are here to help you succeed in your classes
- If you are having difficulties contacting your instructor or requesting for accommodations, reach out to a SupportNet Academic Coach or your advisor



Understand different resources

- Services for Students with Disabilities
 - Provide various specialized resources to help students with disabilities.
 - Contact: ssdstaff@csufresno.edu | 559-278-2811 | Website: <https://bit.ly/34VqFr0>
- b. SupportNet
 - Provides academic coaching to assist students in building effective academics and life-long skills.
 - Contact: supportnet@csufresno.edu | 559-278-8370 | Website: <https://bit.ly/3gWY2fv>
- c. Professors

