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