



## Self-Assessment

Are you an expert on your disability? Answer the questions below to see how much you know about yourself.



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**What is your disability?**

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**Describe your strengths.**

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**What are your challenges?**

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**What barriers do you have because of your disability?**

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**How do you learn best? (Do you learn by seeing, hearing, or doing?)**

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**What kind of accommodations do you get at school or work?**