

ACCESSIBLE LEARNING SERVICES (ALS)

FIRST APPOINTMENT CHECKLIST

How to prepare for your first Accessibility Consultant appointment.



CONTACT US

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2nd floor, Humber Student Welcome and Resource Centre
416.675.6622 ext. 3331

North Campus + Guelph-Humber

Student Wellness and Accessibility Centre, 2nd floor LRC
416.675.5090
(Orangeville and Carrier Drive contact Student Success
and Engagement Liaison, ext. 78016)



PREPARE QUESTIONS

Do you have any questions for your consultant? Is there something you are afraid you won't do well? Is there anything else you would like your consultant to know about you? Take the opportunity to gain further clarity on how ALS could support you through your academic journey.



DOCUMENTATION

Collect and bring any documentation relevant to your disability, relevant to your history, or relevant to your previous supports in school. The documentation gives your consultant further information about how disability-related barriers impact your academics. If you do not have documentation, the consultant will be happy to suggest some next steps.



MAKE A LIST OF DISCUSSION ITEMS

The first appointment provides you with an opportunity to discuss how your disability impacts you on a day-to-day basis, particularly in learning environments. Some topics to consider are:

1. Your goal for this appointment.

Tell your consultant what you are hoping to discuss with them. This will help start the conversation and give them a sense of what you would like to accomplish.

2. How you identify with your disability - or - How you *don't* identify with your disability.

You are your own expert. Discuss your experience with your disability and decide how much it impacts you on a day-to-day basis. What disability-related challenges do you experience? How do you use your strengths to navigate through these challenges?

3. Your strengths.

Think about what you are good at inside and outside the classroom. How do you use your strengths to achieve your goal, or navigate through a barrier? If you choose to share this with your consultant, it could help inform any support plans you discuss together.

4. Barriers you experience related to your disability.

Reflect on how your experience with—or avoiding of—your disability impacts your daily activities. Think about ways it might influence your performance in your courses. Share what you are comfortable with discussing with your consultant.

5. Present or past supports.

List types of supports you currently access or have received in the past. This could include previous accommodations, learning supports you accessed, or even people (e.g. parents, teachers, medical professionals).

YOUR APPOINTMENT

DATE: _____

TIME: _____

ACCESSIBILITY CONSULTANT: _____