



# Transition Newsletter

March  
2025



## Understanding Your Disability!

Understanding your disability means recognizing how it affects your learning and everyday life. It's about identifying both your strengths and challenges, and knowing what support or accommodations you need to succeed in school. By understanding your disability, you can advocate for yourself and access the resources that will help you reach your full potential.

Here's how you can better understand your disability:

- **Identify Your Impairment:** Start by reviewing your IEP (Individualized Education Program) or the most recent evaluation you've had. This will give you a clear understanding of your diagnosis and how it impacts your learning.
- **Recognize How It Affects Your Learning:** Pay attention to how your disability may impact tasks like taking notes, completing assignments, participating in class discussions, or managing your time. Understanding these challenges helps you find strategies to overcome them.
- **Identify Your Strengths:** Focus on what you're good at! Everyone has unique abilities, and understanding your strengths will help you take advantage of them in your learning.
- **Communicate Your Needs:** Don't be afraid to talk to your teachers, counselors, and school staff about the accommodations that will best support you. Whether it's extra time for assignments, access to assistive technology, or a quiet space to work, being clear about what you need ensures you get the right support.

By actively understanding and communicating your needs, you're setting yourself up for success. Do you feel you've recognized areas where you need help, or have you discovered new strengths in your learning process?

### RESOURCE TO CONSIDER



**Job Accommodation Network (JAN)** is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. JAN provides free one-on-one practical guidance and technical assistance on job accommodation solutions, Title I of the Americans with Disabilities Act (ADA) and related legislation for people with disabilities.

[ASKJAN.ORG](http://ASKJAN.ORG) is full of information for individuals to do an accommodation search based on disability and suggests strategies, products, and services you can try to be the best employee you can be!

*This is informational only. DHS is neither supporting nor endorsing this website. Please determine for yourself if you wish to use it and proceed accordingly.*

contact me



Name:

Phone:

Email:

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As you move from high school to work or college, you'll have to decide whether or not to share that you have a disability. This is a personal choice, and only you can make it.

Making an informed decision means thinking carefully about the pros and cons of your choice. To do this, you need to gather information, like doing research online or talking to people you trust—like your family, teachers, or a counselor—who can give advice based on their own experiences.

Remember, you don't have to tell anyone about your disability unless you want accommodations at work or school. It's important to use self-determination, which means making decisions that reflect your goals, abilities, and interests. Self-determined people know and respect themselves, which helps them make choices that align with who they are and who they want to become.

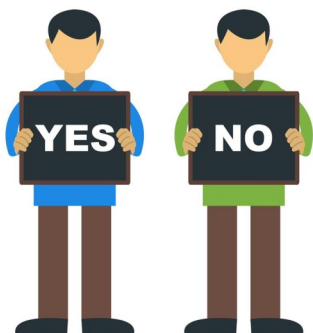
To learn more about disclosing your disability and employment accommodations, watch this video created by Disability Rights SD!

[bit.ly/DRSDemploymentaccommodations](http://bit.ly/DRSDemploymentaccommodations)



### The advantages of disclosing your disability:

- It allows you to receive reasonable accommodations so you can pursue employment, school or community activities more effectively.
- It gives you a clearer impression of what kinds of expectations people may have of you and your abilities.
- It assists you in getting what you need for your best chance of success within the environment.
- It improves your self-image through self-advocacy, giving you a sense of pride.



**By not disclosing your disability, it may cause you to struggle in silence when you know that an accommodation would help you to completing the task at hand.**

To disclose or not to disclose is the question and the decision is YOURS to make. To help you make the right decision for you and your situation, you can download a workbook at:

[bit.ly/411onDisabilityDisclosureforYouth](http://bit.ly/411onDisabilityDisclosureforYouth)

or scan the QR code!

