Barrier	Strategies / Supports
Goal Setting	- Provide sample goals. - Set small goals with student input. - Make goals SMART (specific, measurable, achievable, realistic, time-related) - Have the student monitor each small goal. - Student conference to review goals.
Self-Awareness	- Connect content to students personal lives - Let students create personal journals to record experiences, emotions, thoughts - Provide worksheets/pictures to help students identify their feelings - Use a 'break card' or provide a 'break station' in the classroom - Set weekly goals for behaviours and abilities and provide time to reflect - Meditate - Ask students for their opinions for improving the classroom/learning
Self-Advocacy	- Create a presentation about a real-world school issue - Write a proposal to a teacher - Build a strong classroom community - Create communities of like-minded students or students with similar needs - Explicitly teach knowledge of academic strengths and weaknesses, awareness of accommodations and services available, knowledge of individual rights, and the ability to make requests when required - https://www.ldatschool.ca/self-determination-and-self-advocacy/
Approaching Teachers	- Provide students with constructive feedback - Let students know when you are available - Praise students who ask for help - Make one-on-one time valuable for the student - Be passionate about what your students are learning and the skills they are developing - Be authentic!
Parent Support	- Listen to parents views and experiences within the education system

	- Build trust - Report positive news about their child - Maintain regular communication with parents through emails, agendas, monthly newsletters, and a class website - Connect with different groups in the community and encourage their participation in the learning design process - Show you care about their child