



A photograph of a wooden desk. On the left, a silver laptop is partially visible. In the center, a white spiral-bound notebook is open, with a black pen resting on it. To the right, a white ceramic cup filled with black coffee sits on a matching saucer. The background is a light-colored wooden surface.

A bit of my story

• Americans w/ disabilities act(ADA) was relatively new, was afraid neurodiverse mind asked too much

• Developed some advocacy skills, not to full potential

• Now I need to turn around, U-Turn, and go back for skills I didn't learn earlier

Self determination



- Know your neurodiverse brain, gain finer controls

- w/o accepting brain difference, Low self-awareness— Split energies, didn't feel comfortable ask for help

- Good consequences and bad consequences

Speak up for yourself!

- A few days before semester start, mark syllabus up
- Core skill-I have trouble w/..., problem solve by x, collaborate alt.
- Generalizable to most working relationships



You'll make some detours

- Going to miss some opportunities—that's ok!

- Place in life makes a difference in decided direction

- May have to turn around , go back, gain skills you didn't know you needed



Systems change and surviving today

•Change takes a long time. My babyhood-my 30s birth-3 become standard. My young adulthood 10 years ago.

•1 eye on the present, 1 eye glancing down the road .

•Now is the time for forward thinking, at least 1 move ahead of stage they are currently in