



How to introduce yourself at an IEP meeting

Created by Ashley Mabry

The "I" in IEP

Your IEP team is there to help and support you. Introducing yourself to the team is important, so they know more about you.

First, fill out this chart. You can ask for help from your parents or teachers. You can even ask your brothers, sisters, or friends for help!

Name	
About me (family life, pets) (likes, dislikes).	
What are you really good at?	

What do you want to be when you grow up?	
In school, what are you good at?	
What is difficult or hard for you at school?	
What helps you at school?	
What helps make the hard things easier?	

Once you have filled out the chart, use it to fill in the blanks.

Hello, my name is _____. Welcome to my IEP meeting. I'd like to tell you some things about me.

I live with _____.

I have/don't have pets. They are _____.

I like _____.

I don't like _____.

I'm really good at _____.

When I grow up, I want to be _____.

At school, I'm good at _____.

_____ is hard for me at school.

_____ helps me with the parts of school that are hard.

It would be easier if _____.

Now, you can just read what you wrote to your IEP team. If you don't want to read it yourself, you can ask someone else to read it, or use a computer to read it for you. You can make a video to show at your meeting. You can ask your parents or teacher for help.

The “I” in IEP is a project created by Ashley Mabry to help students become self advocates in their IEP meetings. For additional information, please contact advocacy@thearcppr.org

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“The Self Advocacy Resource and Technical Assistance Center (SARTAC) seeks to strengthen the self-advocacy movement by supporting self advocacy organizations to grow in diversity and leadership. The resource center is a project of Self Advocates Becoming Empowered (SABE), the oldest national self-advocacy organization in the country. SARTAC is a Developmental Disabilities Project of National Significance, funded by the Administration For Community Living – Administration on Intellectual and Developmental Disabilities (AIDD). The information in this product was written to provide guidance for self advocates and their allies to assist in understanding policy issues affecting their lives. It is not to be used to determine a person's legal rights or an organization's legal responsibilities under Section 504 of the Rehabilitation Act of 1973, as amended; the Americans with Disability Act of 1990, as amended or any other federal, state or local laws written to protect the rights of people with disabilities.”

