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## How to Advocate for Yourself in the Interview When You Have a Disability: A Checklist

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### Understand Your Rights

- Familiarize yourself with disability laws.
  - Decide on disclosing your disability.
  - Recognize your unique value.
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### Prepare and Practice Your Responses

- Anticipate common interview questions.
  - Use the STAR method for structured answers.
  - Conclude interviews confidently.
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### Highlight Your Unique Perspective

- Emphasize your unique experiences.
  - Showcase problem-solving and adaptability.
  - Discuss advocacy experiences.
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### Be Open About Accommodations

- Identify necessary accommodations.
  - Understand your legal rights.
  - Frame the conversation positively.
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### Research the Company's Inclusivity Initiatives

- Review the company's inclusivity stance.
- Look for Employee Resource Groups (ERGs).
- Ask about inclusivity during the interview.

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## Focus on Your Strengths and Skills

- Emphasize qualifications over disability.
- Highlight transferable skills.
- Share success stories from past roles.

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## Practice Active Listening

- Maintain eye contact and engagement.
- Ask for clarification if needed.
- Express gratitude post-interview.

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## Prepare for Remote Interviews

- Check your technical setup.
- Choose a quiet, well-lit environment.
- Dress professionally.

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## Build a Support Network

- Seek out mentors in your field.
- Join disability-focused organizations.
- Celebrate successes with your network.

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## Stay Positive and Persistent

- Maintain a positive mindset.
- Learn from rejections.
- Visualize successful interviews.

**For More Helpful Information Regarding Disability Advocacy and Inclusion, please visit:  
[www.BonaFideCglm.org](http://www.BonaFideCglm.org)**