



A

accommodations 157, 158
 action 183, 185, 191
 adult relationships 199, 204, 206, 207, 224
 advocacy 150, 184
 affirmation 69, 75, 94, 109, 137, 138, 161, 182, 198
 ambition 40
 assertive 156
 autonomy 199

B

beliefs 159
 bibliography 239, 242

C

careers 104, 131, 132, 133, 154, 177, 178, 179, 213
 civil rights xx
 college 104, 107, 146, 147, 148, 153, 176
 commitment to learning 65
 communication support behavior 4
 community 6
 computer-mediated communication 6
 conflict resolution 67
 convictions 159
 courage iii, 40
 cultural competence 67

D

describing your disability 123
 desire 40
 disability acceptance 113, 115
 disability disclosure 153, 154
 discipline 87
 disclosure 155
 DO-IT xviii, xxii, 8, 10, 13
DO-IT Ambassadors xxiii
DO-IT Mentors xxiii, 14
DO-IT Pals xviii, xxiii, 14
DO-IT Scholars xxiii, 14
 documents 225
 dreams 95

E

e-communities 3, 6
 e-mentoring 3
 e-mentoring communities 6, 13

F

family 199, 224
 flexibility 183, 189, 223
 friendships 199, 209, 210, 211, 224

G

goals 62, 95, 97, 98, 99, 139, 142, 143, 185, 217, 219, 221
 goal setting 98, 99, 101, 102
 group mentoring 5
 guidelines for protégés 43

H

hard work 95, 183, 187, 223
 helping others 200
 high expectations 95, 100, 199
 honesty 66
 humor 93

I

inclusion 199
 incorrect assumptions 120, 122
 independence 163
 informed decisions 144
 integrity 66
 internal assets 65
 interpersonal competence 67

L

labels 116, 126
 language 125
 learning experiences 4
 learning style 130
 listening skills 31

M

mentor 4, 10
 mentor application 235
 mentor guidelines 23, 28, 227
 mentoring 4
 mentor recruiting 16
 mistakes 160
 motivation 40, 65

N

near-peers 5, 10
 network 199, 217, 224
 No Child Left Behind xxii



O

online mentoring community 6
optimistic 39, 68
orientation 16

P

parent/guardian consent form 237
parents 17
participation in activities 163, 208
peer 4, 5
perseverance 39, 183, 223
persistence 40
personal power 68
planning 108
positive attitude 39, 40, 90, 91, 92
positive reinforcement 30
positive values 66
problem solving 72
productivity 163
protégé (or mentee) 4, 10
protégé guidelines 231
protégés, recruiting 17
purpose 40

R

resiliency 196
resources 214, 239
responsibility 66
rights and responsibilities 145, 146
risk taking 190
role models 69, 86
rude people 124

S

safety 16, 44, 229, 232, 237
school engagement 65
self-actualization 40
self-advocacy 139, 140, 151, 152
self-assessment 70
self-awareness 111
self-confidence 40, 87
self-determination xxi, xxii, 39, 40, 61, 62, 64, 203
self-discipline 40
self-esteem 68, 111, 134
self-reflection 70
self-value 136, 137
self-worth 39, 40
sense of humor 40
sense of purpose 39
share your story 217
social activities 3

social competencies 67
social isolation 3
social life 180
strengths 127, 128, 129
stress 188
study habits 148
success 39, 40, 58, 59, 60, 73, 74, 75, 79, 80, 81, 84, 87,
89, 94, 109, 138, 161, 169, 198, 217, 218

T

teachers 199
technology 4, 13, 163, 165, 166, 167, 168, 169, 171, 172,
173, 174, 177, 178, 180, 182, 217, 222

U

universal design xx

V

valuing yourself 135
visualization 71
volunteer activities 200

W

win-win 149
work experience 193, 195

