



## Why Study Successful People With Disabilities?

Understanding how you learn and the best way for you to approach a subject or an activity can be a great gift to yourself. Not everyone learns the same way. Some people do best when they sit back and listen, others do best when they are writing down information or taking notes. Still others learn best when they are moving around and using that information. If you have a disability or weakness in any area, you need to understand how that affects you and how to adjust or adapt so that you can be successful. Teachers may not always know which way is best for you, so you need to know. Then you can adapt for yourself and let your teacher know what you need.

History and social studies classes often study people who have become famous in our towns, country and world. Some people have made great contributions to our world as scientists, writers, and artists. Some entertain us, some govern us, and some design and build the buildings we live in. These people's lives help us see the possibility of what we can do and who we can become. Not many people will become famous, but all people can contribute to our society. There is only one President of the United States, but we can all be part of the government by reading about current affairs and voting. There are only a few famous movie stars or singers, but anyone can enjoy listening to music or watching movies. Many people can participate in community or church choirs or local theater programs. A few artists make it big, but we can all enjoy viewing art, painting or drawing. Only a few people become professional sports stars but having sports as a part of our daily lives keeps us healthy.

People with disabilities or unique learning styles often do not learn about people like themselves who became successful. They may have a harder time seeing what they could become or how they could possibly succeed. Learning about people with disabilities and learning how to adapt and be successful helps people see how to work with our own disabilities or unique learning styles.

The following pages have a short introduction about some people in society who have learned to work with their disability or unique learning style or needs and became successful. Some are very famous and you may have heard of them. Others are not as famous but have lead successful lives and contributed greatly to their communities. All their stories shine a light on what it could be like for people with disabilities and different learning styles.