



NEW WESTMINSTER
SECONDARY SCHOOL

NAVIGATING YOUR IEP IN HIGH SCHOOL

STUDENT GUIDE

What is an IEP?

An IEP stands for Individualized Education Plan. It is a plan made just for you to help you succeed in school. An IEP is a document that highlights your strengths, sets learning goals, and outlines the supports and strategies that help you do your best. Your teachers can access your IEP on MyEd to make sure they are providing the right support for you in class. You are part of creating it, your ideas, preferences, and voice matter. Your IEP is a living document, which means it can change and adapt as your learning needs, goals, and progress change throughout the school year. Think of your IEP as a tool to help you get the support you need to succeed in school.



Know your IEP

Your IEP is your plan — it's about what helps you succeed.

Learn your goals, supports, and accommodations.

You can join your IEP meetings. You can share what works for you, what's challenging, and suggest changes to your plan - if you don't want to attend there is no pressure!

Ask questions to your case manager, teacher, or counsellor if something doesn't make sense - it's your right to understand.

Where can I see my IEP?

Your IEP is posted on your parents'/guardians' MyEd account.

Your classroom teachers and counsellor have access too, but your case manager has the most knowledge of your IEP and can go over any questions with you.



Advocating For Yourself

Speak Up for Yourself: Your IEP and Accommodations

In high school, you often need to ask for what you need. Teachers have a lot of students and often can't remember every accommodation you need.

Here's how to make it easier:

- Ask early: Don't wait until you're stressed. Let your teachers know what you need as soon as possible.
- Be clear and respectful: Tell your teachers exactly what helps you succeed.
- Practice: The more you ask for what you need, the easier it gets! (and it's a skill you likely will need in postsecondary and the workplace)
- Check in with your teachers and case manager: Talk about assignments, tests, and accommodations regularly to make sure you are getting the support you need.

Get help if needed: If an accommodation isn't being met, or a teacher is unsure, talk to your case manager. They can talk with your teacher to ensure your needs are supported.



Case Managers at NWSS



Who is a case manager? How do I know who mine is?

A case manager is the person in charge of your IEP. They write and update your plan, work with your teachers to make sure your accommodations are in place, and support you if any challenges arise. They're your main contact for support and questions about your learning needs.

If you have an IEP, a case manager is assigned to you and should reach out within the first few weeks of school. If you haven't heard from them your parents, teachers, counsellors, or school administrators can find out who your case manager is on MyEd and help you connect.



Fun Facts



Roughly 1 in 10 students in B.C. public school's have an IEP – it's normal!

Your IEP is your tool, not a label.

It's not a punishment — just a guide for what works best for you.

Quote:

“My IEP has given me the support I need to succeed in school. Before my IEP, I'd get so stressed about tests. Now I have strategies that actually work for me. Initially I was embarrassed about having an IEP but now I recognize that everyone learns in a different way and it has no indication of how smart you are.”

-NWSS Student

