

Hi Ms. Clark!

My name is Grace Collins and I'll be in your sixth/seventh period class this year! I just wanted to get in touch with you to let you know that I have a stutter, and I think it would help us both if I tell you more about it before school starts. This helps me feel confident and prepared to start the year, and I hope that it also helps you know what to expect and how to help me be successful in your class.

Stuttering is a neurological condition that affects 1 in 100 people. It's something that is totally out of my control, and the way I explain it to people is that the message my brain sends to my vocal cords when I'm trying to speak sometimes gets a bit "lost in translation" and I end up repeating or blocking sounds. I'm working with a speech therapist to help me find strategies to make stuttering a little bit easier, and I'm usually totally comfortable saying what I have to say.

I would really appreciate it if you could help me with a few things throughout the year. First, please don't hesitate to call on me to answer questions in class! I would really appreciate it if you could be patient when I'm speaking and not interrupt me or finish a sentence or word for me. I totally understand people do this trying to be helpful, but it makes me feel rushed (and sometimes they assume I'm going to say one thing when I actually want to say something totally different). For any in-class presentations, would it be okay for us to discuss it ahead of time? I'm usually fine speaking to groups, but sometimes I have harder days with my speech. Occasionally, on days when I'm really struggling, there's a fluency app I can use that plays what I'm saying back to me on a delay through wireless earbuds. It helps me slow down and speak more fluently. I very rarely use it, and I'll let you know if I do, but I just wanted you to be aware of it ahead of time.

Thank you so much for taking the time to read this letter. It's important to me that all my teachers see it, so it would be great if you could respond to this email! If you have any questions at all, please feel free to ask me at any point during the year. I'm more than happy to have a conversation about it in person! Thanks again, I'm looking forward to having a great year!

See you in September!

Grace Collins