

Benedictine: Introduction on Self-Advocacy

Self-advocacy refers to an individual's ability to effectively communicate, convey, negotiate or assert his/her own interests and/or desires. The ability to advocate for oneself is essential in reaching one's fullest potential and goals. These skills are used in personal, professional, and community settings. Curriculum is coming from the Explore Work curriculum.

This training will be offered in-person or virtually to meet the needs and choice for individual students.

- The in-person training will be held at our Easton Training Facility. Our training classroom comfortably accommodates 12 students. Our classroom has many vocational learning tools established for students to simulate real world job experiences.
- Our virtual course will have detailed instruction structured to reflect the in-person instruction as closely as possible. In addition, using Google Classroom (chat and feed wall options) will encourage a strong communication line for both student to student and student to instructor.

At the end of the sessions, the students will have a strong understanding of self-advocacy and how to navigate for themselves in different environments. An evaluation of each objective and the students' progress will be documented on the evaluation form. A combination of discussion, activities, assessments, and videos will be used to present the material. Understanding of the material will be monitored through participation in activities, completion of tasks, and discussion of topics.

The following learning objectives will be focused on:

4.1 The students understand the importance of self-awareness.

Lesson 1: What is Self Advocacy?

- Definition and History
- The benefits of self advocacy
- Know Oneself-You know yourself the best Activity (selfadvocacyinfo.org)
- Importance of Self Advocacy (What it is and is not)(Green Mountain Self Advocates)

4.2 The students understand their individual disability-related needs.

Lesson 2: Disability Related Needs

- Identifying and Communicating Needs
- Self-Inventory of Strengths and Talents (University of Rochester Medical Center)
- How to talk about strengths and needs

4.3 The students understand their rights and responsibilities related to disability disclosure.

Lesson 3: Rights and Responsibilities

- Disclosure: When, Where, How, and Why (University of Rochester Medical Center)
- Advantages and Disadvantages of Disclosure
- Complete Integrated Supports Star (Charting the Life Course)

4.4 The students understand their rights and responsibilities related to accommodation requests.

Lesson 4: Rights and Responsibilities in Accommodation

- Role of Employers/Schools/Businesses
- My Responsibility in requesting accommodations
- Types of accommodations
- How to request accommodations