

Student \_\_\_\_\_

Date \_\_\_\_\_

1. Self-awareness - Self-awareness refers to a person knowing about himself or herself. Things he/she does well, needs to improve, enjoys, and or dislikes doing.
  
2. Self-advocacy–Self-advocacy refers to a person making a deliberate or purposeful choice to speak up for his/her needs and/or ideas.

Places and/or situations I might need to self-advocate:	Something I need to know about myself before I can self-advocate in this place and/or situation:
a. <i>Examples include:</i> A subject area class	I need to identify the task/work I need help with and the accommodations I am allowed. I need to use appropriate communication skills while making this request.
b. Asking my counselor, parents, SPED teacher, etc to help me change my class schedule	I need to be able to clearly explain why the change is important for me and the classes I want to enroll in for next semester/school year. I need to use appropriate communication skills while making this request.
c. Tell my employer that I need time off of work	I need to clearly explain why I need off and why it is important to me. I need to use appropriate communication skills while making this request.
d. Requesting accommodations for my drivers license exam	I need to be able to clearly describe my disability, how it affects my test taking ability, and the accommodations I need. I need to use appropriate communication skills while making this request.