Empowering Community Lives, Inc.

**INSTRUCTION IN SELF-ADVOCACY Syllabus**

**Course Description**

Self-advocacy refers to a student’s ability to effectively communicate, convey, negotiate or assert his/her own interests and/or desires. The development of self-advocacy skills should be started at an early age and can include the opportunity for peer mentoring. Self-determination means that students with disabilities have the freedom to plan their own lives, pursue the things that are important to them and to experience similar life opportunities as other people in their communities. It means taking the responsibility for communicating one’s needs and desires in a straightforward manner to others. These acquired skills will enable students to advocate for any support services, including auxiliary aids, services, and accommodations that may be necessary for training or employment. A student’s mastery and competencies in self-advocacy skills will be needed in education, workplace and community settings. Pre-Employment Transition Services, Instruction in Self -Advocacy Skills may be provided in a group setting or on an individual basis.

**Course Objectives**

The participant will be able to:

* Develop an understanding of their disability, how to disclose, along with requesting and utilizing accommodations.
* Identify a variety of rights and responsibilities to establish assertiveness
* Demonstrate a leadership role in support plans and ability to listen to other’s opinions
* Understand and utilize the steps in the problem-solving and decision-making process through individual and group cooperation.
* Establish positive talk and financial literacy
* Develop strategies to implement goal setting to further independence and intrinsic motivation

**Course Material:**

* Disability Understanding;
* Disability Disclosure
* Decision Making
* Goal Setting
* Ability to Evaluate Options
* Identify Independence
* Accommodations
* Request & Utilize Accommodations
* Know Your Rights & Responsibilities
* Self-Determination
* How to Request & Accept Help
* Intrinsic Motivation
* Taking A Leadership Role in Support Plans
* Assertiveness
* Ability to Listen to Other Opinions
* Problem Solving
* Ability to Monitor Progress
* Positive Self-Talk
* Financial literacy