**1006X Instruction in Self Advocacy - Synopsis of Services**

124X – Provider will work with each student on a one-on-one basis either in person in the community or via zoom technology. Provider will also be able to work with groups of students introducing the below topics with the addition of group exercises. Several meetings/sessions will be needed to provide the students with the knowledge and skills to successfully advocate for their educational, employment and social needs. Provider will be able to personalize the topics as to what each student specifically needs. The Provider will work with the ACCES VR Counselor to ensure which sessions need to be covered. Provider will seek to initially understand the student’s current knowledge level in the desired goal and work with the student to build upon their established level of advocacy. Below is as example of the services provided during each learning session:

**Session 1 - Introduction**

What is self-advocacy? ● Review of syllabus and sessions ● Set long and short-term goals ● Discuss responsibilities of consultant and client

**Session 2 Self Awareness – personal**

Identify interests and preferences ● Chart strengths and areas of need ● Determine accommodation needs ● Differentiate between needs and wants.

**Session 3 Self Awareness- related to disability classification**

Identify reasonable and successful accommodations ● Explain characteristics of disability as the relate to the individual ● Discuss how to utilize interests to make choices about careers.

**Session 4 Knowledge of Personal Rights**

Share resources on individual rights protected by human services and law ● Highlight and share educational rights

**Session 5 Communication – Expressive**

Displaying assertiveness and communicating effectively ● Demonstrating appropriate body language ● Use of assistive technology (when appropriate)

**Session 6 Communication – Receptive**

Discuss and practice active listening ● Understanding the importance of compromise ● Recognize and utilize negotiation strategies

**Session 7 Problem Solving Skills**

Recognizing and identifying problems ● Highlight strategies and systematic approaches to troubleshoot issues as they arise

**Session 8 Independence vs. Interdependence**

Define both terms ● Highlight and identify the importance of both in the workplace

**Session 9 Building Partnerships**

Discuss the importance of partnering with teachers, parents, peers, community members, etc. ● Identify available resources specific to the local community ● Make contact with appropriate agencies or services

**Session 10 Self Advocacy in Education**

Explain components and process of IEP meetings ● Participating in Committee Meetings on one’s behalf ● Identify options for high school diploma and impact on future goals and career options

**Session 11 Disclosure of Disability**

Identify how and when to disclose disability in education and vocational settings

**Session 12 Decision Making**

Identify and apply decision making strategies to make informed decisions ● Recognize and plan for assessment of decisions made and adjusting, as necessary

**Session 13 Building self-confidence, persistence, and pride**

Determine areas of need ● Identify factors contributing to self-esteem ● Apply strategies to build upon strengths to boost pride and confidence ● Define and discuss perseverance as related to job skills

**Session 14 Self-Regulation**

Identify strategies to regulate one’s behavior and consequences of behavior ● Discuss and model effective responses to criticism and direction ● Assess how motivation drives behavior and how to utilize motivation techniques.

**Session 15 Self Evaluation**

Discuss need and strategies for assessing oneself ● Assess and adjust goals, wants and dreams

**Provider will provide a Self-Advocacy Report which will be provided to the ACCES VR Counselor within 10 business days of the completion of the service. Provider will be available for a post conference meeting with the student, family and ACCES VR Counselor to discuss the details of the report/case.**

**Tools and Resources Utilized in Consultation Services**

● O’Net Website - www.onetonline.org ○ Interest Profiler ○ Skills Assessment ○ Work Values ○ Explore Careers ○ Plan your Career

● Department of Labor –

Career Zone ●

Individual Placement and Support (IPS) Resource Guide

● Americans with Disabilities Act website - [www.ada.gov](http://www.ada.gov)

● A Transition Guide to Post Secondary Education and Employment for Students and Youth with Disabilities - Office of Special Education and Rehabilitative Services of the United States Department of Education.

● Sobell, L.C., & Sobell, M. B. (2008) Motivational Interviewing strategies and techniques: Rationales and examples.

● Center for Learning Connections website: www.learningconnections.org