



INSTRUCTION IN SELF-ADVOCACY

(124X) SYLLABUS

Course Title:

Instruction in Self-Advocacy

Duration:

Eight units per participant, totaling four hours, delivered in 30-minute sessions

Instructor:

TBD

Course Overview

The **124X: Instruction in Self-Advocacy** program is designed to equip individuals with the **skills, confidence, and knowledge needed to advocate for themselves** in academic, workplace, and social settings. Participants will learn how to **effectively communicate their needs, request accommodations, and navigate challenges in professional and educational environments**. The program incorporates **role-playing exercises, real-world scenarios, and practical strategies** to ensure individuals gain **self-advocacy skills that promote independence, empowerment, and long-term success**.

Course Objectives

By the end of this program, participants will be able to:

- Identify **their rights and responsibilities in workplace and educational settings**
 - Develop **effective communication strategies for self-advocacy**
 - Understand **the process of requesting accommodations under the ADA**
 - Navigate **workplace challenges, discrimination, and conflict resolution**
 - Build **confidence in advocating for their needs in professional and social environments**
 - Develop a **Self-Advocacy Plan (SAP) with actionable steps for ongoing success**
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Session Breakdown

Session One: Introduction to Self-Advocacy

Duration: One unit, 30 minutes

Topics Covered:

- Understanding **the importance of self-advocacy**
- Identifying **personal strengths, needs, and challenges**
- Overview of **the Self-Advocacy Plan (SAP)**
- Recognizing **barriers to self-advocacy and strategies to overcome them**

Outcome:

- Completed **self-advocacy assessment and plan outline**

Session Two: Communication Strategies for Self-Advocacy

Duration: Two units, one hour

Topics Covered:

- Verbal and non-verbal communication techniques
- How to **express needs clearly and assertively**
- The importance of **active listening and effective questioning**
- Role-playing exercises for **self-advocacy in different situations**

Outcome:

- Improved **communication skills for workplace and academic advocacy**

Session Three: Understanding Rights and Responsibilities

Duration: One unit, 30 minutes

Topics Covered:

- Overview of **ADA rights and workplace accommodations**
- Understanding **educational rights under Section 504 and IDEA**
- Recognizing **discrimination and how to address it**
- Accessing **legal and advocacy resources for support**

Outcome:

- Personalized **rights and resources guide**
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Session Four: Requesting Accommodations and Support

Duration: One unit, 30 minutes

Topics Covered:

- Identifying **reasonable accommodations in the workplace and academic settings**
- The process of **submitting accommodation requests**
- How to **work with HR, disability services, and supervisors**
- Strategies for **negotiating workplace adjustments and support systems**

Outcome:

- Drafted **accommodation request letter or conversation plan**
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Session Five: Problem-Solving and Conflict Resolution

Duration: One unit, 30 minutes

Topics Covered:

- Handling **challenges, misunderstandings, and resistance**
- Conflict resolution techniques in **academic and workplace settings**
- How to **advocate effectively while maintaining professionalism**
- Strategies for **managing stress and maintaining confidence**

Outcome:

- Completed **conflict resolution action plan**
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Session Six: Long-Term Self-Advocacy and Career Readiness

Duration: Two units, one hour

Topics Covered:

- Building a **support network of mentors and allies**
- Understanding **professional growth and workplace leadership opportunities**
- How to **continue self-advocacy throughout career and education**
- Creating an **ongoing self-advocacy development plan**

Outcome:

- Finalized **Self-Advocacy Plan (SAP) with long-term goals**
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Materials Needed

- Notebook and pen for notes and strategy development
 - Access to online self-advocacy and workplace rights resources
 - Sample accommodation request templates and conflict resolution guides
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Assessment and Success Metrics

Participants will be evaluated based on:

- Completion of a **Self-Advocacy Plan (SAP)**
- Demonstrated **understanding of workplace and educational rights**
- Ability to **effectively request accommodations and express needs assertively**
- Engagement in **role-playing exercises and real-world application**

Follow-Up and Ongoing Support

- One-on-one coaching sessions for continued self-advocacy development
- Access to legal and workplace advocacy resources
- Support in navigating workplace challenges and professional growth opportunities
- Workplace integration support