



INSTRUCTION IN SELF-ADVOCACY FOR POTENTIALLY ELIGIBLE PARTICIPANTS (1006X) SYLLABUS

Course Title:

Instruction in Self-Advocacy for Potentially Eligible Participants

Duration:

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

Instructor:

TBD

Course Overview

The **1006X: Instruction in Self-Advocacy for Potentially Eligible Participants** program is designed to **equip individuals with the skills, confidence, and knowledge needed to advocate for themselves** in employment, educational, and social settings. Participants will gain the ability to **express their needs, request accommodations, and navigate workplace and academic environments independently.**

Through **interactive learning, role-playing exercises, and workplace simulations**, participants will develop strategies for **effective communication, problem-solving, and self-advocacy** that foster independence and long-term success.

Course Objectives

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

- Identify **personal strengths, challenges, and self-advocacy needs**
 - Develop **effective verbal and written communication skills** for self-advocacy
 - Understand **workplace and educational rights, including ADA and Section 504 protections**
 - Learn how to **request accommodations and engage in professional discussions**
 - Navigate **conflicts, workplace policies, and employer expectations**
 - Build **confidence and independence in advocating for their needs**
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Session Breakdown

Session One: Understanding Self-Advocacy

Duration: One unit, 30 minutes

Topics Covered:

- Introduction to **self-advocacy and why it is important**
- Identifying **personal challenges and barriers**
- Setting **advocacy goals for workplace and educational success**
- Creating a **Self-Advocacy Plan (SAP)**

Outcome:

- Completed **self-assessment and goal-setting worksheet**

Session Two: Communication Skills for Self-Advocacy

Duration: Two units, one hour

Topics Covered:

- Effective **verbal and non-verbal communication techniques**
- How to **express needs clearly and assertively in the workplace and classroom**
- Active listening and professional etiquette
- Practicing **real-world self-advocacy scenarios**

Outcome:

- Improved **communication strategies for workplace and academic settings**

Session Three: Rights and Accommodations in Work and School

Duration: One unit, 30 minutes

Topics Covered:

- Overview of **ADA, Section 504, and workplace rights**
- Understanding **reasonable accommodations and how to request them**
- Exploring **disability services and HR policies**
- Role-playing exercises for **self-advocacy in professional settings**

Outcome:

- Completed **personalized accommodation request template**

Session Four: Problem-Solving and Conflict Resolution

Duration: One unit, 30 minutes

Topics Covered:

- Strategies for **handling workplace and academic challenges**
- How to **resolve conflicts professionally and effectively**
- Addressing **discrimination and requesting support**
- Practicing **conflict resolution techniques through role-play**

Outcome:

- Developed **problem-solving plan for real-life scenarios**

Session Five: Workplace Readiness and Self-Advocacy in Employment

Duration: One unit, 30 minutes

Topics Covered:

- Understanding **workplace expectations, professional behavior, and employer policies**
- Communicating **strengths and needs to employers and supervisors**
- Requesting **modifications for job tasks and responsibilities**
- Exploring **career advancement and continued self-advocacy**

Outcome:

- Personalized **workplace self-advocacy action plan**

Session Six: Long-Term Self-Advocacy and Career Growth

Duration: Two units, one hour

Topics Covered:

- **Building a professional support network**
- Creating an **individualized career and self-advocacy development plan**
- Strategies for **long-term employment success and workplace accommodations**
- Maintaining **confidence and self-advocacy in new roles**

Outcome:

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

- Notebook and pen for notes and self-advocacy planning
 - Access to **self-advocacy and workplace rights resources**
 - Sample accommodation request templates and conflict resolution guides
 - Career exploration and professional networking tools
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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 of skills**
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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 career growth opportunities**