



Syllabus for Service 127X

Course Title: Self-Advocacy and Peer Mentoring Skills Development

Duration: 12 units per customer (6 hours total), delivered in 30-minute sessions

Instructor: [To Be Determined]

Course Overview:

This program is designed to equip participants with self-advocacy and peer mentoring skills to enhance their independence and success in educational, vocational, and social environments. Through interactive activities and guided discussions, participants will learn to articulate their needs, build supportive peer networks, and become effective advocates for themselves and others.

Learning Objectives:

By the end of this program, participants will:



1. Understand the principles of self-advocacy and its role in achieving personal and professional goals.
 2. Develop effective communication skills for expressing needs and advocating for rights.
 3. Build confidence in navigating challenges and problem-solving independently.
 4. Learn strategies for mentoring peers and fostering collaborative relationships.
 5. Create a personal action plan to apply self-advocacy and mentoring skills in real-world settings.
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Curriculum Outline:

Unit 1: Introduction to Self-Advocacy

- **Duration:** 1 unit (30 minutes)
- **Course Title:** Introduction to Self-Advocacy
- **Instructor:** [To Be Determined]

Description: Provides an overview of self-advocacy, its importance, and how it applies to personal and professional development.

Unit 2: Building Effective Communication Skills

- **Duration:** 2 units (1 hour)
- **Course Title:** Building Effective Communication Skills
- **Instructor:** [To Be Determined]

Description: Focuses on verbal and non-verbal communication techniques, active listening, and expressing needs clearly and respectfully.

Unit 3: Problem-Solving and Decision-Making

- **Duration:** 2 units (1 hour)
- **Course Title:** Problem-Solving and Decision-Making
- **Instructor:** [To Be Determined]

Description: Teaches participants how to identify challenges, analyze options, and make informed decisions to advocate for their needs effectively.

Unit 4: Introduction to Peer Mentoring

- **Duration:** 2 units (1 hour)
- **Course Title:** Introduction to Peer Mentoring



- **Instructor:** [To Be Determined]

Description: Covers the fundamentals of peer mentoring, including building trust, active listening, and providing constructive feedback.

Unit 5: Collaborative Relationship Building

- **Duration:** 2 units (1 hour)
- **Course Title:** Collaborative Relationship Building
- **Instructor:** [To Be Determined]

Description: Helps participants develop skills to foster supportive relationships, navigate conflicts, and create inclusive peer networks.

Unit 6: Creating an Action Plan for Success

- **Duration:** 2 units (1 hour)
- **Course Title:** Creating an Action Plan for Success
- **Instructor:** [To Be Determined]

Description: Guides participants in developing a personalized action plan to apply self-advocacy and mentoring skills in educational, vocational, or community settings.

Instructional Methods:

- Interactive workshops and group discussions
- Role-playing and real-world simulations
- Personalized feedback and action plan development
- Peer-to-peer mentoring exercises

Follow-Up Support Summary:

To support sustained development, follow-up services include:

- **Regular Check-Ins:** Monthly follow-ups at 30, 60, and 90 days to monitor progress and address challenges.
- **Resource Sharing:** Access to self-advocacy guides, peer mentoring toolkits, and communication templates.
- **Ongoing Support:** Open channels for participants to seek advice or guidance as needed.



Summary Paragraph:

The Self-Advocacy and Peer Mentoring Skills Development program empowers participants to confidently express their needs and support others through mentoring. With structured units focusing on communication, problem-solving, and relationship building, participants gain practical skills to navigate challenges and build collaborative networks. Follow-up support ensures long-term success, aligning with ACCES-VR guidelines to meet individual goals and foster independence.