

Self-Advocacy Goals

T-Folio | Unit 5 | Lesson 2

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Notes

Lesson Objectives

You will:

1. Analyze past data around self-determination.
2. Set goals around self-advocacy.
3. Determine appropriate next steps to reach your goals.



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Notes

Warm Up: Acrostic

S
E
L
F

A
D
V
O
C
A
C
Y



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Notes

Say: You will complete an acrostic with a partner, using the letters in the word SELF-ADVOCACY. This will be a timed activity. The first pair to complete their acrostic wins!

- Have students write SELF ADVOCACY vertically on a sheet of paper, then in pairs write a word or phrase that starts with each letter. All words and phrases must relate to SELF ADVOCACY.
- Have students share out their responses in pairs.
- The next slide has sample words and phrases.

Warm Up: Acrostic

Skill-building

Exercises to improve

Learn about self

Focused practice

Ask for help

Determine interests

Voice needs

Open to feedback

Communicate accommodations

Able to reflect

Calm

Yes I can!



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Notes

AIR Self-Determination Scale

Image of the AIR Self-Determination Scale scoring sheet (pdf version), accessible at:
<http://www.ou.edu/content/dam/Education/documents/miscellaneous/air-self-determination-scale-student-form.pdf>



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Notes

Say: Self-advocacy is learning how to speak up for yourself, your preferences, and your needs. Self-advocacy includes: being able to make your own decisions, knowing your rights and responsibilities, being able to problem solve, asking for help when needed, and learning about self-determination. It is important you feel confident to make decisions for yourself and your future.

Now we will practice these skills to support you in setting and reaching future goals. Being able to identify your needs, set goals, problem solve, and plan for support are important skills to help you be a strong self-advocate.

First, let's look at your recent AIR Self-Determination Scale.

Say: Based on the questions from the AIR Self-Determination Scale:

- Give an example of a goal you are working on.
- What are you doing to reach that goal?
- How well are you doing in reaching that goal?

Say: Based on the graph from the AIR Self-Determination Scale scoring sheet:

- What would you like to improve?
- What must improve for you to be able to make thoughtful decisions about your future?

Self-Advocacy Goals

Open the [Self-Advocacy Goals Worksheet](#).

Goal	Possible Barrier	Plan to Resolve Barrier	How Will You Advocate For Your Needs?
1.			
2.			
3.			



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Notes

Say:

- Now that you've identified an area to improve, use the attached Self-Advocacy Goals Worksheet to set 3-5 goals around self-advocacy.
- Directions: Set 3-5 SMART goals in the area of self-advocacy. Then fill in the table to think through the possible barriers to reaching your goal, how you will overcome them, and how you will advocate for your needs if needed. Next, answer the questions following the table and decide on a date to come back and check on your progress.
- Remember, SMART goals are: Specific, Measurable, Attainable/Achievable, Realistic, and Timely/Trackable.

Give students time to complete worksheet independently. Assist as needed for support.

Debrief and Guiding Questions

- How do you feel about your progress this year?
- Does it feel different to set goals now based on your new knowledge of yourself and what you are capable of accomplishing?



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Notes

Ask:

- How do you feel about your progress this year?
- Does it feel different to set goals now based on your new knowledge of yourself and what you are capable of accomplishing?

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