

Easterseals of the Birmingham Area
Transition Class: Self-Advocacy

Materials Needed-

- Separate handouts for students and instructors
- PowerPoint presentations
- Projector and laptop computer

This class is for students who would benefit from skills for communicating needs, working with others, and understanding personal worth and importance. Instructors utilize class handouts, PowerPoint, and experiential exercises to teach new concepts and refresh old ideas. Students will leave with healthy lifestyle skills and feeling more confident in speaking up for themselves.

Self-Advocacy means being able to:

- Communicate your needs to others at home, at work, or in school.
- Work effectively with others.
- Treat others with kindness and respect.
- Understand your own personal worth and importance.

The following topics will be discussed in this class:

- Self-advocacy in all its forms
- Communication with others
- Having a disability
- Your rights in the workplace

Session #1 – What is Self-Advocacy?

Objectives

1. Understand three components of self-advocacy.
2. Identify strengths, skills, and challenges.
3. Understand meaning of support system and identify components.

Session #2 – What is a Disability?

Objectives

1. Understand the definition of a disability.
2. Understand the need for the Americans with Disabilities Act.
3. Understand the need for disability rights.

Session #3

Appearance and Hygiene

Class Objectives

1. Identify the skills necessary to make a good first impression at work or school.
2. Understand necessary components of introducing yourself to another person.
3. Understand necessary components of maintaining good personal hygiene.
4. Understand the necessity of clothing that is appropriate for the season and the situation.

Session #4

Time Management

Objective

1. Understand the need for using time wisely.
2. Understand the need for a morning routine.
3. Identify and understand time management strategies.

Session #5

Conflict and Compromise

Class Objectives

1. Understand elements of compromise with others.
2. Name steps for conflict resolution.
3. Practice compromise/conflict resolution steps with classmates in various scenarios.

Session #6 **Assertiveness**

Objectives

1. Understand the meaning of assertiveness.
2. Identify three types of assertive behavior.
3. Use assertive statements to express oneself in role play exercises.

Session #7

Managing Emotions

Class Objectives

1. Understand the need for managing emotions in school or in the workplace.
2. Understand the parts of the ACCEPTS acronym.
3. Identify times in students' lives in which they need to more effectively manage emotions.

Session #8

Personal Responsibility

Class Objectives

1. Understand the meaning of the words accountability and responsibility.
2. Understand key points to remember about responsibility in the workplace.
3. Name two important guidelines for handling criticism.

Session #9

Boundaries and Social Media

Class Objectives

1. Understand the definition of boundaries.
2. Understand why boundaries are important on social media.
3. Be able to name two ways to have healthy boundaries at work.

Session #10

Making Decisions and Solving Problems

Objectives

1. Understand the need to make good decisions.
2. Identify steps in good decision-making process.
3. Identify additional steps in problem solving.