Advocacy It's All About Me: Strategies to Promote Self-Advocacy

An Interactive Session!
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What Does Self-Advocacy Mean?
- Knowing yourself - both your strengths and your challenges
- Being able to ask for what you need to be successful
- Being able to talk about yourself
- Being able to set goals for yourself
- Being able to solve problems

Strategies to Help You Become a Better Self-Advocate
- This session will focus more on “doing” and less on just talk!
- We are going to get up out of our seats and have some fun!!!
- You will get actual practice with all of the things you need to become a better self-advocate!
Activity: Find Your Voice!
- Do you sometimes feel unheard?
- Do you ever feel powerless to find your own voice?
- This activity will help you “find your voice!”

Activity: Dream Catcher!
- We will break into groups of 5
- Each group will select a student to prepare the “dream catcher” on chart paper
- Group members lend support
- You will need a chart paper and markers
- Use the example shown at the front of the room

Disability Awareness
- Your disability does not define who you are!
- Know your disability and begin to accept your disability as a description of how you learn or function in a particular environment.
- Accepting your disability may take time.
- Identify what accommodations work for you.
- Identifying Successful People with Disabilities
Activity: Disability Jeopardy!
- Stay in your same group of 5
- You have five minutes to learn all you can about the people on the posters
- The first group to raise a hand will get the chance to select a question.
- Groups will keep their own score.

Problem Solving
- The next activity is about solving problems.
- You will take all of the information you have and make choices and decisions to decide how to solve the problem.
- It is about being creative, trying to get around obstacles and NOT GIVING UP!!
- If one solution doesn't work... go back and try something else!

Activity: The Great Egg Drop!
- We will break into new groups
- Using just the materials you are given, discuss as a group how your group can solve the problem as given.
- Make sure everyone in your group is included.
- Listen for more instructions
Wrap up!

- How did you feel when you were planning?
- How do you feel now that it is over?
- If you had to do it over, what would you do differently?
- How does this activity relate to what happens in real life when a team of people try to support someone who is taking risks or needs help in problem solving?