

Course Goals:

Welcome to Becoming a Self-Advocate! In this course you will learn about:

- ❖ Disability terms
- ❖ Finding out about your disability and accommodation needs
- ❖ Finding careers of interest
- ❖ Learning laws and your legal rights
- ❖ Setting goals
- ❖ Planning for school and work

When you are done, you will better know how to do well in school and work!

Keep in Mind!

This course is designed to let you read at your own pace. You can always go back and review the material if you need a refresher.

Chapter 1: Terms and Definitions of Self-Advocacy

Hi there! I'm Ms. Jordan, your teacher and guide for this course! I'm going to walk you through this chapter.

What is your name?

Overview:

To be a good self-advocate, you must know what a self-advocate is and why it is important.

Chapter 1 will define unknown terms and give you a chance to use them.

Learning Objectives:

- ❖ Define self-advocacy.
- ❖ Learn other words related to self-advocacy.

Alright, now I want to introduce you to my friend, Mr. Reynolds. He's going to walk you through some key ideas about self-advocacy. Afterward, I will ask you a bit about what you have learned, so pay attention!

Hi. I'm Mr. Reynolds! I want to share a few ideas with you about what it really means to be a self-advocate.

Self-Advocates are people who ...

- ❖ Know about their disability.
- ❖ Find a way to meet their needs for their disability.
- ❖ Do so with self-respect and respect for others.

Why Be a Self-Advocate?

In your opinion, why do **you** think it is important to be a self-advocate?

Because (think about of all the choices below which might apply to you)

- ❖ You want to take control of your life.
- ❖ You want accommodations to help you learn.
- ❖ You want to make your own choices.

That's right! Good answer.

- ✓ You want to take control of your life.
- ✓ You want accommodations to help you learn.
- ✓ You want to make your own choices.

In fact, all these are important and achievable desires.

Assertive versus Aggressive:

A self-advocate knows how to be **assertive** which means being firm, purposeful, strong-minded, bold and determined. These are great traits. These traits can help you meet the needs of your disability.

*Be careful that you don't cross the line into being **aggressive**, which is when you act in anger, bully, attack or threaten. These are bad traits that can get in the way of having your needs met.*

What does self-advocacy look like? It means being **assertive** in communicating your needs. Be assertive, not aggressive.

Becoming a Self-Advocate:

Students become a self-advocate when ...

- ❖ They can tell others with authority their rights and needs. Examples of people with authority are teachers at school and supervisors at work.
- ❖ They are aware of their legal rights. American Disabilities Act (ADA) – under the law, adults have to communicate their needs in order to receive accommodations and services that will help them be successful.
- ❖ They have success in communicating their rights and needs to authority figures.

Being a self-advocate ...

- ❖ Will give you the self-confidence or inner strength needed to take control of your life. It allows you to make your own choices.
- ❖ Remember, when faced with a challenge, a self-advocate will look for **a way**, not **a way out**.

Thanks, Mr. Reynolds. Okay, let's see how much you learned. For each of the terms below, provide the appropriate definition. **Answers to the following questions are located on the last page.**

Question 1:

In order to be good self-advocates, individuals with disabilities must be able to use the terms related to self-advocacy.

From this chapter, you should now be able to apply the appropriate definitions.

When you are firm, purposeful, strong-minded, bold and determined you are being _____?

- a) Aggressive
- b) Assertive
- c) Astute
- d) Accurate

Question 2:

When you act in anger, bully, attack or threaten you are being _____?

- a) Aggressive
- b) Assertive
- c) Astute
- d) Accurate

Question 3:

What is your personal definition of DISABILITY?

Take a moment and write down your thoughts or discuss with someone you know.

Thank you! We all have our own way of defining this concept. The Americans with Disabilities Act (ADA) defines disability as “a physical or mental impairment that subsequently limits one or more major life activities.”

Click the link below for more information on the Americans with Disabilities Act (ADA):

<http://www.ada.gov>

Question 4:

Self-advocates are individuals who _____?

- a) Can speak up and speak out for their rights
- b) Have the skills to understand and communicate their needs to others
- c) Use their disabilities as an excuse to avoid responsibility
- d) Can recognize and meet their needs without giving up their dignity or others'
- e) a, b, and d are all correct

Great job! You're almost done with Chapter 1 of Becoming a Self-Advocate. You will have the opportunity to share your thoughts about why you want to be a better self-advocate. Trust me that you will get a lot more out of the course if you do some reflecting as you go. Keep up the great work!

Share your thoughts:

- ❖ What are your goals for this course?
- ❖ What do you hope to get out of the experience?
- ❖ Take a moment and write down your thoughts or discuss with someone you know.

Congratulations:

You have now completed Chapter 1 of Becoming a Self-Advocate. Be sure to complete the corresponding Chapter 1 survey located on the survey page.

Click the link below when you are ready to complete the chapter 1 survey:

<https://svrirtc.instructure.com/courses/250296/assignments/2528087>

Click on the link below to return to home page:

<https://svrirtc.instructure.com/courses/250296>

Answer Key

Question 1: The correct answer is ... **b)**

When you are firm, purposeful, strong-minded, bold and determined you are being _____?

b) Assertive

Congratulations on getting this correct!

Question 2: The correct answer is ... **a)**

When you act in anger, bully, attack or threaten you are being _____?

a) Aggressive

Great choice!

Question 3: Your personal response either written or discussed.

Thank you!

Question 4: The correct answer is ... **e)**

Self-advocates are individuals who _____?

- a) Can speak up and speak out for their rights
- b) Have the skills to understand and communicate their needs to others
- c) Can recognize and meet their needs without giving up their dignity or others'

Excellent!