



Training Overview

Becoming a Self-Advocate

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Introduction

Self-advocacy means speaking up for yourself. It requires knowledge of your personal strengths and challenges, understanding of rights as a citizen, and acting in an assertive manner to make your needs known to others. During this self-guided program, you will explore concepts to help you become a better self-advocate and discover your potential.

By the end of this training, you will learn important skills and knowledge including...

- Using disability-related terminology.
- Self-assessing disability and accommodation needs.
- Identifying possible careers of interest.
- Understanding laws and legal rights.
- Setting goals for the short-term and long-term.
- Planning for education.

Training Description

This training is self-guided and accessed online.

Program Outline & Learning Objectives

Chapter One: The Importance of Self-Advocacy and Related Terminology

- Apply personal definition of self-advocacy.
- Learn definitions to new terms related to self-advocacy.

Chapter Two: Assess Disability and Identify Accommodations Needed

- Assess disability, its features, and its impact on life activities.
- Identify resources and professionals who can help with accommodations.
- Apply self-advocacy principles related to knowing your disability.

More about this training▶

Chapter Three: Determine Career Options Based on Interests, Skills Levels, and Career Market Criteria

- Define relevant terms.
- Explore career interest.
- Determine essential functions needed for career choices.
- Evaluate individual strengths and challenges related to career choices.
- Determine the relationship between career interest, essential functions of the career, current skill levels, and career market criteria.

Chapter Four: Comprehend Federal and State Laws Pertaining to Individuals with Disabilities

- Be familiar with the following:
 - Americans with Disabilities Act (ADA)
 - Individuals with Disabilities Education Act (IDEA)
 - Section 504 of the Rehabilitation Act
 - Section 508 of the Rehabilitation Act
 - Family Educational Rights and Privacy Act (FERPA)

Chapter Five: Researching Postsecondary Educational Options

- Research college websites, school counselors, and current college students.
- Research admission procedures at potential postsecondary institutions.

Chapter Six: Create a Plan for Disclosure

- Define disclosure terms and use in self-advocacy applications.
- Research the “if, when, and how” of disclosure.
- Create a plan for disclosure.
- Apply self-advocacy principles related to disclosure.

Chapter Seven: Create and Use a List of Self-Advocacy Resource Agencies and Support Groups

- Research agencies and organizations that offer disability help.
- Collect contact information for self-advocacy agencies.
- Contact at least one agency and request meeting and/or application.
- Complete agency involvement requirements.
- Conduct follow-up with agency.
- Apply self-advocacy principles as related to resource agencies and support groups.

More Information

If you would like to participate in this training, have any questions, or want more information, please contact your Promise DVR Counselor.

This training is provided by the [University of Wisconsin-Madison](#) for the Wisconsin Promise grant.

This project is funded through a cooperative agreement U.S. Department of Education, Office of Special Education Programs (OSEP) Grant #H418P130003. The contents of this publication do not necessarily represent the policy of the U.S. Department of Education, and you should not assume endorsement by the Federal Government.