

Self-Advocacy & Disclosure Part 1



Participant Journal

Name:



What does it mean?

What do I do?




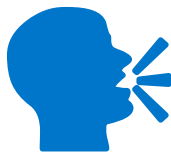
Directions



Journal Question

When prompted, respond to the question in one of the following ways:

1. Written response
2. Drawing/illustration
3. Circling the  icon in the top right corner



Verbal Response Request

Circle this icon to inform the facilitator that you wish to answer the question verbally.



Goals



Emoticon Strip

Circle the emoticon that best represents how you are feeling about the material.



Goals



Use this page as a checklist to keep track of your progress!

☐

Identify at least two strengths and two challenges.

☐

Find at least one strength to accommodate one challenge.

☐

Create a personal action plan for success in the workplace.






☐☐☐

Use this space to write anything else you have learned—including about yourself.

This is great, I understand!	I am okay	Neutral	I am a little confused	I don't get this.



What is advocacy? What does advocacy mean to you?

				
This is great, I understand!	I am okay	Neutral	I am a little confused	I don't get this.



What is self-advocacy? What does self-advocacy mean to you? Write or illustrate your answer below.

Think of a time in your life where you and/or someone you know needed to advocate in order for to get what you needed. Explain. Try to include:
Who was involved?
What were you (or someone else) advocating for?
When did this happen?
Where did this happen?
Why was there a need for advocacy?
How did it go?



 (3)

What is self-advocacy? Self-Advocacy is....

Do you know any self-advocates?

Do you consider yourself a self-advocate? (circle one)

Yes

No

I Don't Know



Do you think it is important to learn about self-advocacy in the workplace? Why or why not?

Collaborative Definition of Self-Advocacy:



Write down and/or illustrate at least two resources available to you that could support your ability to self-advocate. Include at least one external resource/support system.

List some examples of how self-advocacy can be a positive and/or negative thing.

Does it matter how we self-advocate? Why or Why Not?



 (5)

What are some potential challenges that may pose a significant impact on successful employment? Sensory? Communication? Social Skills? Organization? Other?

Which of these challenges do you feel would have the biggest impact on your success in the workplace? What might that look like?



Use this page to write down your strengths and interests. Were you surprised by any of the results? Is there anything additional you could add?



(Use slide as a reference) Write at least 2 strengths on the left side of the page and at least 2 challenges on the right side of the page. Think about how you could create a strengths-based solution to one of your challenges. Draw a line to connect a strength to a challenge. If you get stuck, what resources are available to you to problem solve?



How are you feeling about your ability to self-advocate?

Can you think of any potential situations to practice?



Review journal thus far and make any additional notes (do not erase) to your original answers. In particular, revisit the personal and collaborative definition of self-advocacy.



 (10)

In the space below, write down and/or illustrate further thoughts on anything else you have learned and/or would like to know more about as it relates to self-advocacy in the workplace.



Action Plan Goal:

Strengths

Three large, empty circles with blue outlines, arranged in a triangular pattern (top-left, top-right, and center) for writing strengths.

Challenges

Three large, empty circles with yellow outlines, arranged in a triangular pattern (top-left, top-right, and center) for writing challenges.

Strategies

Three large, empty circles with blue outlines, arranged in a triangular pattern (top-left, top-right, and center) for writing strategies.



Potential Practice Opportunities

	1	2	3
Strategy			
Where			
Why			
When			
Who Can Support?			

Schedule a Follow-Up Meeting:

Date: _____ **Time:** _____



Extension Activity



Plan/Illustrate/Design your Visual Toolbox Below:

Follow-Up Meeting Notes



Use the space below to write/illustrate any notes/thoughts/plans as a result of action plan and follow-up meeting.



Notes
