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

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







What is advocacy? What does advocacy mean to you?				
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Yes	No	I Don't Know





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Do you trillik it is important to learn about sell-advoc	acy in the workplace? Willy or willy not?
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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?







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 results?	page to write down you Is there anything addite	ır strengths and interests ional you could add?	s. Were you surprised by an	y of the
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(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?







	100 100
How are you feeling about your ability	to self-advocate?
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Review journal thus far and make any additional notes (do not erase) to your original answers.
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.







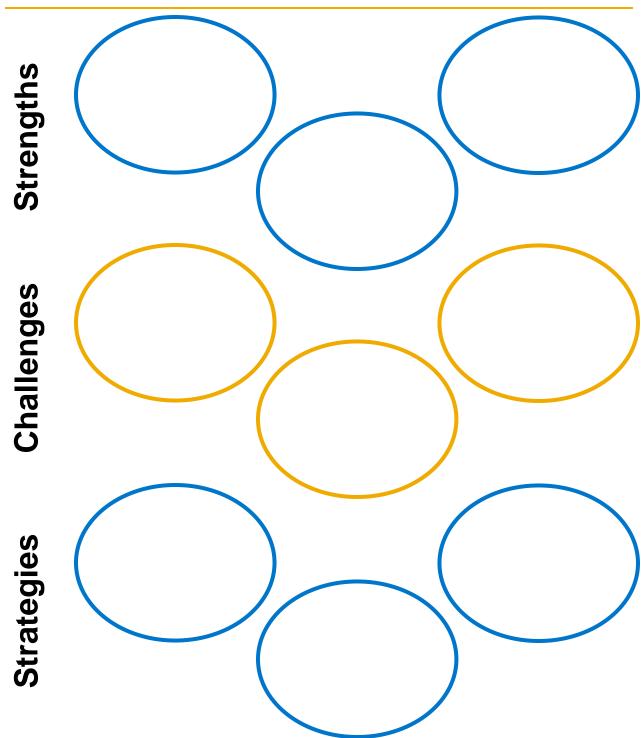
The County County County	In the space below, write down and/or illustrate further thoughts on anything else you have learned and/or would like to know more about as it relates to self-advocacy in the workplace.
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Action Plan Goal:









Potential Practice Opportunities

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Schedule :	a Follow-Up Meeting:				
Date:			Time:		
-	Extension Activ	ity			





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Follow-Up Meeting Notes





Self Awareness Strategies for Self Management

Self Advocacy and Disclosure

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





