

Self-Advocacy & Disclosure Part 2



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.



Take a moment to think about Self-Advocacy & Disclosure Part One. Write down/illustrate any thoughts that come to mind as well as any other Most Important Points (MIPs) in the space below.

What is self-advocacy? What does self-advocacy mean to you? Do you consider yourself a self-advocate?

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



What is self-disclosure? What does disclosure mean to you?



Think of a time in your life when you needed to disclose information about yourself. You may have needed to request a particular accommodation in order to achieve a desired outcome/goal. 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?



 (4)

Why is disclosure important for the workplace?

Does it matter how we disclose? 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 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?



What is my goal here?

What might be the specific challenge(s) in this scenario?

What are possible strengths-based strategies that I can use to achieve the end goal?




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

Can you think of any potential situations to practice?



Why is disclosure an important component of success in the workplace? Revisit Journal 4 to reflect on what you have learned and note any additional thoughts.



 (10)

How did it go? What was the situation and how did you choose to address it? What would you do the same/differently next time?



Action Plan Goal:

Strengths

Challenges

Strategies

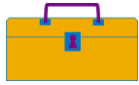


Potential Practice Opportunities

	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
