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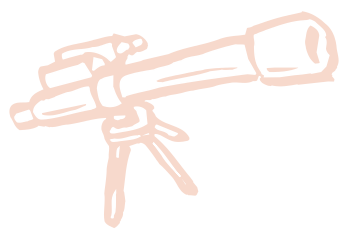
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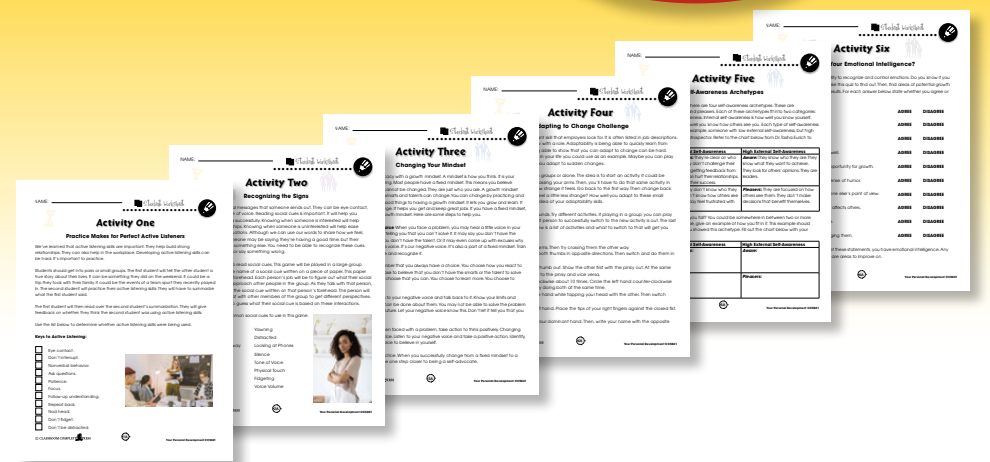
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## Self-Advocacy

1. Kofi is looking at a list of colleges. He wants to apply to some out of state. His mother wants him to apply to schools close to home. Kofi does what his mother wants. Is Kofi a self-advocate? Why or why not?

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2. Yosef is making vacation plans with his friends. It's a big group. They all want to do something different. Yosef speaks up and suggests renting a cottage. He thinks it will be a great time to bond. Everyone loves this idea. Is Yosef a self-advocate? Why or why not?




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3. With a straight line, connect each word on the left with its meaning on the right.

1	self-advocacy	Being sure of yourself.	A
2	independence	Able to take care of yourself.	B
3	assertive	Don't hold back.	C
4	confident	Know yourself.	D
5	limits	Boundary. Holds you back.	E
6	self-awareness	Speak up for yourself.	F



## Self-Advocacy

**Self-advocacy** is when you know your rights and you speak up for them. You are able to ask for what you want. You can tell people about your feelings. For example, you get the wrong order at a restaurant. You would be able to tell the server this and get it fixed.

There are three parts to self-advocacy. 1 – Knowing yourself. 2 – Knowing your needs. 3 – Knowing how to get what you need. Mastering these three areas will make you a successful self-advocate.

**Traits of Self-Advocacy:**

- Self-awareness
- Assertion
- Courage
- Communication
- Leadership

Why is self-advocacy important? It will allow you to share in decisions made about your life. It will create **independence**. Be **assertive** when voicing your feelings. This means you don't hold back. You must be **confident** in yourself. If you can do this, then you can take control of your own life. You will be able to make your own decisions.

Ha-yoon is at a restaurant. She orders the hamburger with no tomato and extra bacon. She asks for a salad instead of fries. When her order comes, the tomato was not taken off and she is missing her extra bacon. She also gets onion rings instead of the salad. When the server asks how Ha-yoon's meal is, she answers that it is great.



Is Ha-yoon a self-advocate? No, she is not. What should she have done differently? Rewrite this scene at the part when Ha-yoon's order comes.

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## Self-Advocacy

1. Put a checkmark next to the answer that is most correct.

- a) Why is self-advocacy important?

- A leadership  
 B trust  
 C confidence  
 D independence



- b) What is NOT a trait of self-advocacy?

- A confidence  
 B assertion  
 C doubt  
 D leadership

2. Circle the word TRUE if the statement is TRUE or circle the word FALSE if it is FALSE.

- a) Don't be afraid to ask questions.  
 TRUE      FALSE
- b) Self-awareness leads to self-advocacy.  
 TRUE      FALSE
- c) A growth mindset means you can't learn anything new.  
 TRUE      FALSE
- d) Self-advocacy is important if you want others to decide your life.  
 TRUE      FALSE

## Self-Advocacy

3. Are you a self-advocate? In this chapter we learned a lot about traits that show self-advocacy. Below is a list of those traits. Circle the ones that you have.

- assertion      communication      leadership      self-awareness  
 confidence      courage      negotiation      conveying

Now, do some additional research into self-advocacy. Are there any other traits that apply? Do you have these traits? Can you improve anywhere to become a self-advocate? Explain below.

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**Graphic Organizer**

4. Use the graphic organizer on page 12 to follow the roadmap to self-advocacy.

The self-advocacy roadmap will help you identify a problem and come out the other side a success. The first step in self-advocacy is to accept that you need help. Here, you will write down the problem. Next, you will need to identify why you need help. Maybe you have some limitations. Maybe you have challenges. List those here.

Follow the roadmap to get help in reaching your self-advocacy goals.



# Self-Awareness Quiz

Self-awareness is knowing yourself, inside and out. This includes your traits, behaviors and feelings. But how do you know if you're self-aware? Take the quiz below to find out.

- Is it easy for you to share your feelings?
  - Yes.
  - Sometimes.
  - No.
- How often do you ask questions about things you don't know?
  - All the time.
  - Sometimes.
  - Not a lot.
- Can you put yourself in the shoes of others?
  - Yes.
  - Sometimes.
  - No.
- Do you learn from your mistakes?
  - Yes.
  - Sometimes.
  - No.
- Are you able to admit when you're wrong?
  - Yes.
  - Sometimes.
  - No.
- How often do you take chances?
  - All the time.
  - Sometimes.
  - Not a lot.
- Do you focus more on the past, present or future?
  - Present.
  - Future.
  - Past.
- How well do you take criticism?
  - Very well.
  - Somewhat well.
  - Not well.

Count how many times you answered A, B, and C. **A** **B** **C**  
 If you answered mostly A, you are self-aware. If you answered mostly B, you're well on your way to being self-aware. If you answered mostly C, you are not completely self-aware yet. Keep practicing.

# Crossword Puzzle!

### Across

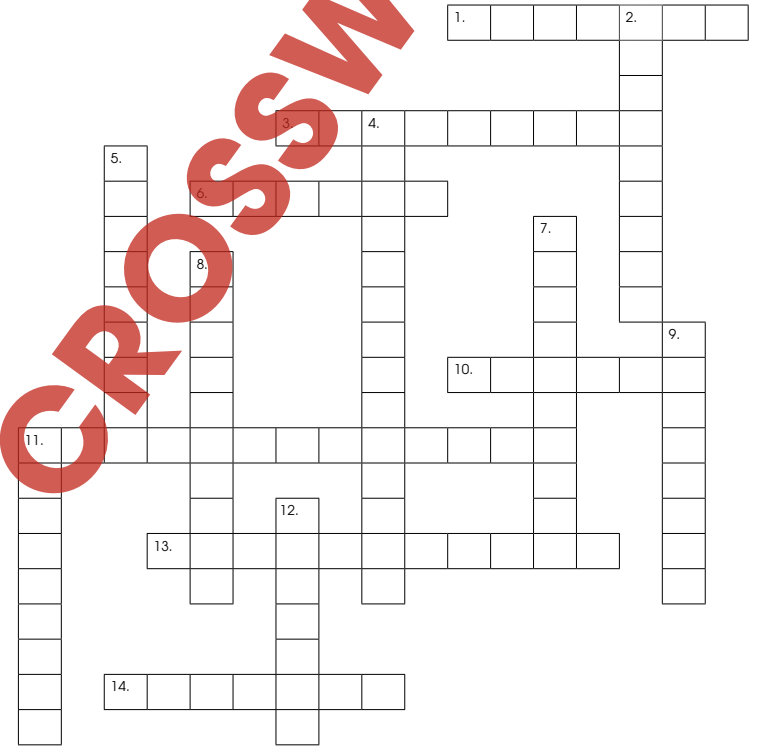
- Feeling scared or worried.
- To not hold back when voicing your feelings.
- Someone who is self-aware is usually \_\_\_\_\_.
- Being able to identify with someone or something.
- The adaptability skill that means you welcome others' ideas.
- Understanding someone's \_\_\_\_\_ will lead to strong relationships.
- Cognitive, emotional and compassionate are three types of what?

### Down

- Paying attention to things around you.
- The second area of emotional intelligence is \_\_\_\_\_.
- What kind of communication involves gestures?
- The adaptability skill that means you take criticism well.
- This area of emotional intelligence means you are eager to take on new challenges.
- When active listening, it's important to give helpful \_\_\_\_\_.
- You must be \_\_\_\_\_ in yourself to make your own decisions.
- When you worry about how others see you.

### Word List

anxiety  
 assertive  
 collaborative  
 confident  
 empathy  
 feedback  
 humble  
 motivation  
 nervous  
 nonverbal  
 observing  
 point of view  
 relate  
 resilience  
 self-regulation



# Comprehension Quiz

### Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- When someone interrupts you, you should get angry.
- Knowing yourself will allow you to know your limits and lead to self-awareness.
- You can show adaptability by taking risks.
- Researchers estimate that we become self-aware at 18 years old.
- If you have emotional intelligence, you can recognize your own emotions, but not those of others.
- Self-regulation means you don't overreact to things.

### Part B

Put a checkmark (✓) next to the answer that is most correct.

- What is active listening?
  - Listening.
  - Observing.
  - Providing feedback.
  - All of the above.
- What is NOT a part of self-advocacy?
  - Knowing yourself.
  - Knowing the future.
  - Knowing your needs.
  - Knowing how to get what you need.

SUBTOTAL: /8

# Workplace Adaptations Chart

## Job Success

### Handle Criticism

- don't take it personally
- process the information
- stay calm
- ask for clarification
- offer a solution

### Solve Problems

- identify the problem
- describe the problem
- think of solutions
- pick the best solution
- try out your solution
- evaluate your solution

### Collaborate

- communicate
- listen to everyone's ideas
- work together
- look at a challenge from all angles
- share ideas



# Self-Advocacy

1. Put a checkmark next to the answer that is most correct.

a) Why is self-advocacy important?

- A leadership
- B trust
- C confidence
- D independence



b) What is NOT a trait of self-advocacy?

- A confidence
- B assertion
- C doubt
- D leadership

2. Circle the word TRUE if the statement is TRUE or circle the word FALSE if it is FALSE.

a) Don't be afraid to ask questions.

TRUE FALSE

b) Self-awareness leads to self-advocacy.

TRUE FALSE

c) A growth mindset means you can't learn anything new.

TRUE FALSE

d) Self-advocacy is important if you want others to decide your life.

TRUE FALSE

1.

a)  D

b)  C

2.

a) TRUE

b) TRUE

c) FALSE

d) FALSE

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# EASY MARKING ANSWER KEY





# Self-Advocacy

**Self-advocacy** is when you know your rights and you speak up for them. You are able to ask for what you want. You can tell people about your feelings. For example, you get the wrong order at a restaurant. You would be able to tell the server this and get it fixed.

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4. Do you learn from your mistakes?  
a) Yes.                      b) Sometimes.                      c) No.
5. Are you able to admit when you're wrong?  
a) Yes.                      b) Sometimes.                      c) No.
6. How often do you take chances?  
a) All the time.                      b) Sometimes.                      c) Not a lot.
7. Do you focus more on the past, present or future?  
a) Present.                      b) Future.                      c) Past.
8. How well do you take criticism?  
a) Very well.                      b) Somewhat well.                      c) Not well.

Count how many times you answered A, B, and C.                      \_\_\_\_\_ **A**    \_\_\_\_\_ **B**    \_\_\_\_\_ **C**

If you answered mostly A, you are self-aware. If you answered mostly B, you're well on your way to being self-aware. If you answered mostly C, you are not completely self-aware yet.

Keep practicing.

# Workplace Adaptations Chart



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