

4-14: Self-Advocacy

Go through this list and check the traits you feel you have.

- ☐ I have the confidence to talk about myself, share my ideas, and speak out in front of others
- ☐ I am good at deciding what to share and what not to share during conversations.
- ☐ When I feel I need help, I am comfortable asking for it.
- ☐ I am aware of my unique learning style and the supports I think would help me be more successful.
- ☐ During group work and discussions, I am comfortable sitting back and letting others speak, only listening and responding when its my turn.
- ☐ I know what it means to come prepared, and if I'm not prepared, I own up to it.
- ☐ I generally know my rights and responsibilities, If someone crosses a line with me, I have the power in me to speak up and address my concerns.

If you checked 4 or less, think of what's holding you back, then make a plan to develop your self-advocacy skills.

If you checked more than 4, you're already showing a good understanding of why it's important to self advocate. Keep up the good work!