

Welcome to Becoming a Self-Advocate! This course is divided into 7 Self-Paced Assignments:

- ❖ Terms and Definitions
- ❖ Disability and Accommodations
- ❖ Careers
- ❖ Laws
- ❖ School After High School
- ❖ Talking About Disability
- ❖ Resources

Keep in Mind!

This course is designed to let you read at your own pace. You can always go back and review the material if you need a refresher.

Introduction to Self-Advocacy

Hi there! I'm Ms. Jordan, your teacher and guide for this course! I'm going to walk you through this chapter.

What is your name?

Please take a moment and watch the INCIGHT: Resources for Self-Empowerment introductory video about the value of self-advocacy.

Click the link below to start the video:

<http://youtu.be/gC83P8h0Vdw>

Who is your support person?

Having a person you can go to with ideas, issues and questions is a BIG help. In fact, asking for help is a major sign of strength!

Think about the best person who can help you with this course. Some examples are:

- ❖ A counselor (DVR counselor, case manager, social worker, guidance counselor, etc.)
- ❖ A teacher
- ❖ A parent or sibling

Who is your support person? Let them know!

Before we get started, spend a few minutes on a brief “pretest.” This will not be graded, but it is a helpful way to learn about what you already know about the ideas and terms that will be covered in this course.

The pre-survey is a way to gather information about what you already know about self-advocacy. Please do not use resources to try and get the "right" answer, just go from what you know since nothing is graded.

Click the link below when you are ready to complete the pre-survey:

<https://svrirtc.instructure.com/courses/250296/assignments/2528080>

Click the link below to return to the course home page:

<https://svrirtc.instructure.com/courses/250296>