

## Self-Advocacy Training Course 1 (20 hours)

Hours	Curriculum Components	Delivery Method	Curriculum Resources	Weekly Assignments (Not collected by VR)	Course Deliverable (Due by end of course)
All 20	Learning to Self-Advocate <ul style="list-style-type: none"> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• ME! Curriculum               <ul style="list-style-type: none"> <li>○ <a href="http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html">http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html</a></li> <li>○ <a href="http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf">http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf</a> (Unit 5)</li> </ul> </li> <li>• Overcoming Obstacles <a href="https://www.overcomingobstacles.org/portal/curriculum/highschool">https://www.overcomingobstacles.org/portal/curriculum/highschool</a> (registration required) (Module 1)</li> </ul>	Curriculum worksheets	Reflection Journal (entry)
2	Defining Self-Advocacy	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Me! Curriculum               <ul style="list-style-type: none"> <li>○ <a href="http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html">http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html</a></li> <li>○ <a href="http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf">http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf</a> (Unit 1)</li> </ul> </li> <li>• NCWD Youth National Collaborative on Workforce and Disability (NCWD) Youth</li> <li>• <a href="http://www.ncwd-youth.info/tip-sheet/becoming-a-self-advocate">http://www.ncwd-youth.info/tip-sheet/becoming-a-self-advocate</a></li> </ul>	Curriculum worksheets	Reflection Journal (entry)
5	Self-Awareness (profile) <ul style="list-style-type: none"> <li>• Knowledge, Skills/Abilities (KSAs)</li> <li>• Strengths</li> <li>• Challenges</li> <li>• Preferences</li> <li>• Needs (Services, Supports, Accommodations)</li> <li>• Interests</li> </ul>	Assessment <ul style="list-style-type: none"> <li>• Learning Style Inventory</li> <li>• Skills/Abilities/Aptitude</li> <li>• Interviews</li> <li>• Observations</li> <li>• Vocational Assessments</li> <li>• Work Readiness Assessment</li> <li>• Situational Assessments</li> </ul>	<ul style="list-style-type: none"> <li>• Stepping Forward <a href="http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf">http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf</a> (Chapter 1)</li> <li>• National Collaborative on Workforce and Disability (NCWD) Youth <a href="http://www.ncwd-youth.info/ilp/how-to-guide/section-1/self-exploration#selfexploration">http://www.ncwd-youth.info/ilp/how-to-guide/section-1/self-exploration#selfexploration</a></li> <li>• ME! Curriculum               <ul style="list-style-type: none"> <li>○ <a href="http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html">http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html</a></li> <li>○ <a href="http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf">http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf</a> (Unit 6)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Assessment results</li> <li>• Curriculum worksheets</li> </ul>	Reflection Journal (entry)

5	Self-Awareness Project or Portfolio Development	Facilitated Student Workshop	Outcomes from Week 2		Self-Awareness Project/ Portfolio
2	Understanding Your Rights <ul style="list-style-type: none"> <li>• Secondary - IDEA</li> <li>• Postsecondary - ADA</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• NCWD Youth <a href="http://www.ncwd-youth.info/411-on-disability-disclosure">http://www.ncwd-youth.info/411-on-disability-disclosure</a></li> <li>• ME! Curriculum <ul style="list-style-type: none"> <li>○ <a href="http://www.ou.edu/education/centers-and-partnerships/zarrow/tranition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html">http://www.ou.edu/education/centers-and-partnerships/zarrow/tranition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html</a></li> </ul> </li> <li>• <a href="http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf">http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf</a> (Unit 4)</li> </ul>	Curriculum worksheets	Reflection Journal (entry)
3	Setting (SMART) Goals <ul style="list-style-type: none"> <li>• Employment</li> <li>• Academic to support employment</li> <li>• Personal care</li> <li>• Social/Emotional</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Discussion</li> <li>• Facilitated Student Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="http://www.mcas.k12.in.us/Page/4813">http://www.mcas.k12.in.us/Page/4813</a></li> </ul> <p>Overcoming Obstacles <a href="https://www.overcomingobstacles.org/portal/curriculum/highschool">https://www.overcomingobstacles.org/portal/curriculum/highschool</a> (registration required) (Module 3)</p>	Curriculum worksheets	Reflection Journal (entry)
3	Developing an Action Plan	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Facilitated Student Workshop</li> </ul>	<ul style="list-style-type: none"> <li>• Choice-Maker Self-Determination <a href="http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html">http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html</a></li> </ul> <p>Overcoming Obstacles <a href="https://www.overcomingobstacles.org/portal/curriculum/highschool">https://www.overcomingobstacles.org/portal/curriculum/highschool</a> (registration required) (Modules 7 and 8)</p>	Curriculum worksheets or Self-Advocacy Plan	Reflection Journal (entry)
Provided at end of course	Self-Advocacy Resources in the Community		<a href="http://www.employmentfirstfl.org/sites/employmentfirstfl.org/files/files/EFF%20Recruiting%20Self-Advocates_2015.pdf">http://www.employmentfirstfl.org/sites/employmentfirstfl.org/files/files/EFF%20Recruiting%20Self-Advocates_2015.pdf</a>		

#### End of Course Deliverables

- Completed Reflection Journal with weekly entries noted (\*Required items, remainder should be included if applicable)
  - \*Date of entry
  - \*Hours for each entry
  - \*What was done
  - What was learned
  - How this information can be applied/useful/beneficial
- Completed Self-Awareness Project/Portfolio (\*Required item, remainder should be included if applicable/available)
  - Portfolio contents:
    - \*Current Resume (would include data from Self-Awareness Project/Portfolio)

- Skill evidence (may include pictures of students engaged in work) OR
- Work samples
- Letter(s) of Recommendation
- High School Diploma
- Licenses/Certifications

## Self-Advocacy Training Course 2 (25 hours)

Hours	Curriculum Components	Delivery Method	Curriculum Resources	Weekly Assignments (Not collected by VR)	Course Deliverable (Due by end of course)
All 25	Learning to Self-Advocate <ul style="list-style-type: none"> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• ME! Curriculum (Continuation)               <ul style="list-style-type: none"> <li>○ <a href="http://www.ou.edu/education/centers-and-partnerships/zarrow/trsition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html">http://www.ou.edu/education/centers-and-partnerships/zarrow/trsition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html</a></li> <li>○ <a href="http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf">http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf</a> (Unit 5)</li> </ul> </li> <li>• Overcoming Obstacles <a href="https://www.overcomingobstacles.org/portal/curriculum/highschool">https://www.overcomingobstacles.org/portal/curriculum/highschool</a> (registration required) (Module 1)</li> </ul>	Curriculum worksheets	Reflection Journal (entry)
2	Defining Self-Determination	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> <li>• Discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Choice Maker Self-Determination Curriculum <a href="http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum.html">http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum.html</a></li> <li>• FYI Transition <a href="http://www.fyitransition.org/Minicourses/selfdetermination/selfdetermination.html">http://www.fyitransition.org/Minicourses/selfdetermination/selfdetermination.html</a></li> <li>• <a href="https://www.youtube.com/watch?v=RfX4QFMgb3k">https://www.youtube.com/watch?v=RfX4QFMgb3k</a></li> </ul>	Curriculum worksheets	Reflection Journal (entry)
2	Identifying Your Self-Determination Skill Set	Assessments	Choice Maker Self-Determination <a href="http://www.ou.edu/content/education/centers-and-partnerships/zarrow/self-determination-assessment-tools.html">http://www.ou.edu/content/education/centers-and-partnerships/zarrow/self-determination-assessment-tools.html</a>	<ul style="list-style-type: none"> <li>• Assessment results</li> <li>• Curriculum worksheets</li> </ul>	Reflection Journal (entry)
1	Setting (SMART) Goals	<ul style="list-style-type: none"> <li>• Lecture</li> <li>• Presentation</li> </ul>	<ul style="list-style-type: none"> <li>• Choice Maker Self-Determination</li> </ul>	Curriculum worksheets	Reflection Journal (entry)

	<ul style="list-style-type: none"> <li>Self-Determination</li> </ul>	<ul style="list-style-type: none"> <li>Discussion</li> <li>Facilitated Student Workshop</li> </ul>	<ul style="list-style-type: none"> <li><a href="http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html">http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html</a></li> </ul>		
1	Developing an Action Plan <ul style="list-style-type: none"> <li>Self-Determination</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Facilitated Student Workshop</li> </ul>	<ul style="list-style-type: none"> <li>Choice-Maker Self-Determination <a href="http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html">http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html</a></li> </ul> <p>Overcoming Obstacles <a href="https://www.overcomingobstacles.org/portal/curriculum/highschool">https://www.overcomingobstacles.org/portal/curriculum/highschool</a> (registration required) (Modules 7 and 8)</p>	Curriculum worksheets or updated Self-Advocacy Plan	Reflection Journal (entry)
4	Determining Reasonable Accommodations (learning, instruction, assessment, environmental, behavioral for Employment Success	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Discussion</li> <li>Facilitated Student Workshop</li> </ul>	<ul style="list-style-type: none"> <li>Stepping Forward <a href="http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf">http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf</a> (Chapter 2.2)</li> <li>Job Accommodation Network <a href="https://askjan.org/indiv/index.htm">https://askjan.org/indiv/index.htm</a></li> </ul>	Curriculum worksheets	Reflection Journal (entry)
5	Becoming Career Ready <ul style="list-style-type: none"> <li>Career Planning</li> <li>Career Preparation</li> <li>Community Connections</li> <li>Available resources</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Discussion</li> <li>Facilitated Student Workshop</li> </ul>	<ul style="list-style-type: none"> <li>O'Net Resource Center <a href="http://www.onetcenter.org/product.html">http://www.onetcenter.org/product.html</a></li> <li>NCWD Youth <a href="http://www.ncwd-youth.info/ilp/how-to-guide/section-1/career-planning-and-management/job-search-skills">http://www.ncwd-youth.info/ilp/how-to-guide/section-1/career-planning-and-management/job-search-skills</a></li> <li>Stepping Forward <a href="http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf">http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf</a> (Chapter 3)</li> <li>Overcoming Obstacles <a href="https://www.overcomingobstacles.org/portal/curriculum/highschool">https://www.overcomingobstacles.org/portal/curriculum/highschool</a> (registration required) (Module 9)</li> </ul>	Curriculum worksheets	<ul style="list-style-type: none"> <li>Reflection Journal (entry)</li> <li>Professional Portfolio</li> </ul>
5	Learning to Self-Advocate <ul style="list-style-type: none"> <li>Advocating for MY Needs</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Presentation</li> <li>Discussion</li> </ul>	<ul style="list-style-type: none"> <li>ME! Curriculum             <ul style="list-style-type: none"> <li><a href="http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html">http://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html</a></li> <li><a href="http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf">http://www.ou.edu/content/dam/Education/zarrow/me/Me%20copyright/rev.Me%20all%20units%20combined.pdf</a> (Unit 7)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Curriculum worksheets</li> <li>Updated Self-Advocacy Plan</li> </ul>	Reflection Journal (entry)

			Stepping Forward <a href="http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf">http://www.ct.gov/brs/lib/brs/pdfs/guidepostdocs/steppingforward_color_interactive_14.pdf</a> (Chapter 2)		
5	Summative Assessment Preparation	Facilitated Student Workshop	Self-Awareness Project/Portfolio and Professional Portfolio		<ul style="list-style-type: none"> <li>• Reflection Journal (entry)</li> <li>▪ Summative Assessment</li> </ul>
Provided at end of course	Self-Advocacy Resources in the Community		<a href="http://www.employmentfirstfl.org/sites/employmentfirstfl.org/files/files/EFF%20Recruiting%20Self-Advocates_2015.pdf">http://www.employmentfirstfl.org/sites/employmentfirstfl.org/files/files/EFF%20Recruiting%20Self-Advocates_2015.pdf</a>		

#### End of Course Deliverables

- Completed Reflection Journal with weekly entries noted (\*Required items, remainder should be included if applicable)
  - \*Date of entry
  - \*Hours for each entry
  - \*What was done
  - What was learned
  - How this information can be applied/useful/beneficial
- Completed Professional Portfolio (\*Required items, remainder should be included if applicable/available)
  - \*Updated Resume (if applicable)
  - Cover Letter
  - \*Skill evidence (may include pictures of students engaged in work) OR
  - Work samples
  - \*Letter(s) of Recommendation
  - High School Diploma
  - Licenses/Certifications
- Summative Assessment – Students participates in a mock interview able to
  - Effectively communicate:
    - KSAs
    - Needs including necessary accommodations for success
    - Employment Goals
  - Effectively present:
    - Professional Portfolio
  - Is able to effectively respond to interviewer questions about:
    - KSAs
    - Needs including necessary accommodations for success
    - Employment Goals

**Curriculum Sources:**

Me! Curriculum – © 2015 Board of Regents of the University of Oklahoma

Choice Maker Self-Determination Lesson Materials – University of Oklahoma

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