



Week 12 - Self-Advocacy

Thanks, University of Oklahoma

Your ES needs your work



Electric Vehicle Technician



Wages

BLS does not currently have wage data specific to the electric vehicle industry. The table shows wages for selected manufacturing occupations in the transportation equipment manufacturing industry group for May 2010. The wages shown are median annual wages for the United States as a whole; wages vary by employer and location.

Selected manufacturing occupations in transportation equipment manufacturing	Median annual wages, 2010⁽¹⁾
Electrical and electronic equipment assemblers	\$29,470
Electromechanical equipment assemblers	\$32,430
Engine and other machine assemblers	\$47,440
Team assemblers	\$32,500
Computer-controlled machine tool operators, metal and plastic	\$35,580
Machinists	\$40,810
Industrial production managers	\$91,460

¹ Occupational Employment Statistics data are available at WWW.BLS.GOV/OES. The data do not include benefits.

ATTENDANCE



Learning to Self-Advocate

It's natural to feel uncomfortable talking about your disability or asking for help. With practice, and time, it will become easier. State and federal laws such as the Individuals with Disabilities Education Improvement Act (IDEA 2004), the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act were passed to give you an equal opportunity to education and employment. These laws allow you to access the same facilities and programs available to individuals without disabilities.

Learning to Self-Advocate

It is your responsibility to take advantage of these laws by becoming a self-advocate. There are a number of steps you can take to learn how to speak up for yourself and get the help you need in order to be successful.

We will...

- *Learn how to describe your accommodation needs in terms of making things equal, rather than asking for an unfair advantage.*
- *Develop an assertive style of communication.*
- *Identify barriers to effective communication.*

Developing a Personal Self-Advocacy Plan

The first step in learning how to self-advocate is the development of a personal self-advocacy plan. Creating a personal self-advocacy plan can help you begin to think about your individual needs as a learner. The plan can also be used to help you describe your accommodation needs to others.

In this plan you will describe your disability, learning strengths and weaknesses, needs, the type of teaching style or classroom accommodations that help you learn best, and any assistive technology you may need in order to be successful.

In a **PRIVATE** chat, tell me...



1. Your academic disability
2. Your learning strengths
3. Your learning weaknesses

If you don't know, type something like "#1 IDK"

You have 5 minutes

Give me your best guesses for #2 & #3



In a **PRIVATE** chat, tell me...



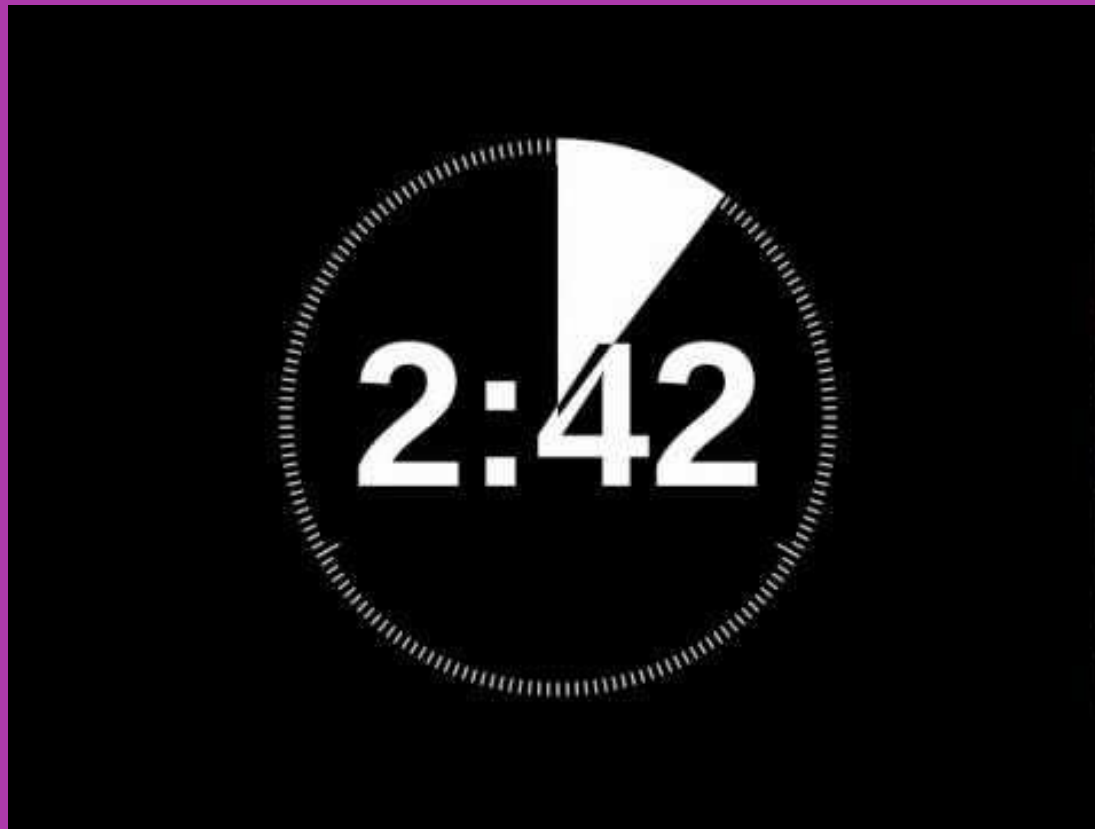
4. How you learn best

5. Any classroom accommodations you need
(exp: extra time, breaks, videos)

6. Are you comfortable speaking up for yourself (Y/N)

You have 3 minutes

Give me your best guesses for #4 & #5



BRAIN BREAK !!!!



Requesting Academic Accommodations

School is a great place to practice self-advocacy skills. One way to practice these skills is to request accommodations.

You can begin by sharing your written personal self-advocacy plan with a trusted peer, classmate, sibling, parents and general or special education teacher.

Requesting Academic Accommodations

You can practice different styles of communication and compare what it feels like to talk in a passive (soft-spoken, timid) manner, an aggressive (loud and demanding) manner, and an assertive (pleasant and polite) manner. You can also role play situations in which the teacher, professor or employer refuses to provide any accommodations. This activity will provide you with several opportunities to become comfortable with the process of asking for accommodations.

Requesting Academic Accommodations

Next, select the classroom teacher with whom you feel most comfortable, and present your plan to that teacher. Schedule an appointment at a time that is convenient for the teacher. Bring specific documentation describing your disability.

If you are nervous about meeting with the teacher privately, you can ask your special education teacher or parent to accompany you for support and guidance.

Tips for requesting accommodations:

- Introduce yourself
- Share your learning style and strengths
- State your disability and any difficulties you are having in class or on the job
- Share what you do to accommodate your disability
- Request specific accommodations
- Thank your teacher for his/her time
- Ask for feedback on how effective you were in describing your disability and accommodation needs.

Remember that self-advocacy is a process. Learn from your mistakes, and have the courage to try again!

Asking for Accommodations



Learning When and How to Disclose Information about Your Disability

Although self-advocacy means speaking up for yourself, it does not mean that you need to disclose information about your disability in all situations. Remember that your disability is, in large part, a function of your environment.

For example, a painter with dyslexia (a reading disability) would probably not experience much difficulty with his or her disability on the job. On the other hand, a college student with the same disability would probably need special supports and accommodations in order to do well in class.

TICKET OUT



TICKET OUT

- #1 - Download and complete the My Personal Self-Advocacy Plan from the course website.
- #2 - Download and the Business Letter Template from the class website.
- #3 - Use the template as a guide and email your ES for a meeting to discuss your classroom and testing accommodations.
- #4 - BEFORE YOU SEND THE EMAIL... take a screenshot of your completed email.
DO NOT EMAIL IT TO METOYER (Instant 0).
- #5 - Rename your docs (Week 12_LAST NAME A&B)
- #6 - Upload your Screenshot and Self-Advocacy Plan to the course website together (Please add your name in the message).

Business Letter Format

Your Street Address
Your City, State Zip
Date

Heading

Inside Address

First and Last Name of the Person to whom you are writing
Their Street Address
City, ST Zip

Salutation

Body

Dear Mr./Ms. Full Name:

You do not want to indent when you are using this format. This is the best format to use when you are writing a persuasive letter. You want to introduce yourself and the topic you are writing about to the reader. Remember that the first rule of writing is to know your audience. In a persuasive letter, you state your opinion or your feelings about something that is important to you after you have introduced yourself. You must sound as professional and passionate as possible. You do not want to belittle the reader or they will not finish reading your letter. Your letter needs to have the facts, reasons, and examples to support your position. Address issues that your reader may have in their argument. In a second paragraph, you must have solutions. Without solutions, you are only complaining. Offer assistance in solving the problem. Remind the reader where they can contact you.

Sincerely yours,

Signature

A. Student

The Body

The body of your email should be something like this:

My name is _____ and I am currently one of your students at _____. I am sending this email to formally request a meeting to discuss my classroom and testing accommodations. I will be available to speak with you at our next learning records meeting. I look forward to speaking with you soon. Would you please reply to this email as a confirmation of receiving my request?

NOWTHIS
NT

