

Self-Advocacy Workshop #1



Knowing Yourself Participant Workbook

This workbook is for you to use. Write down or draw what you learn. There is a page for each activity we do. You can write down words or draw a picture of what you want to remember.

Share this workbook with a friend and tell them what you learned in this workshop.



Name: _____

QUESTION OF THE DAY



If an employer were to ask you this question,
what would you say?

“Give me 5 reasons why I should hire you?”

Hint: Look at your lists of strengths on
pages 6 and 7.

1. _____
2. _____
3. _____
4. _____
5. _____



Likes

**You need to know what you want when
making important decisions**

Dislikes

**We all make decisions based on
our like and dislikes.
It is important to remind ourselves
of who we are.**

Is this Your Strength?

_____ I'm reliable.

_____ I'm friendly.

_____ I'm easy to get along with.

_____ I try to follow instructions.

_____ I like to do things with others

_____ I like to do things on my own.

_____ I like to help other people.

_____ I like to keep things neat and organized.

_____ I like to have a good time.

_____ I don't brag too much.

_____ I stick with things 'til they get done.

_____ I can work out my problems on my own.

_____ I ask others for help when I need it.

_____ I can help others work out their problems.

_____ I have good common sense.

_____ I'm good with mechanical things.

Does this sound like you?

_____ I'm energetic.

_____ I'm a good listener.

_____ I'm polite.

_____ I'm honest.

_____ I'm hard-working.

_____ I'm usually on time.

_____ I'm serious.

_____ I'm generous.

_____ I'm proud of myself.

_____ I can keep a secret.

_____ I'm a good friend.

_____ I'm a good student.

_____ I'm musical.


_____ I'm artistic.

_____ I'm creative.

_____ I'm good with words.

_____ I have a good sense

_____ I'm good with my hands.

 <p>Pick Something New You Want To Try</p>	<p>Practice Making Your Case What Do You Need?</p>		
	<p>Are there people that might help you?</p>	<p>Are there activities that might help you?</p>	<p>Are there things that would be helpful?</p>

Give Me A Chance!

**Sometimes you need to convince others
that you should be given a chance to
try something new.**

**Speaking up for yourself
pushes you to act more confidently.**

Scavenger Hunt With A Twist



1. My favorite kind of music is

2. My favorite kind of food is



3. My favorite television show is

4. In my free time I like to



5. My favorite sport is

Cool Things I Learned From This workshop!

- 💡 Be proud of what I CAN do.
- 💡 Helps me know what I like and don't like.
- 💡 I thought about one or two things I would like to try to do.
- 💡 Helps me practice speaking up about what I want to try to do.
- 💡 I made a list of what I am good at.
- 💡 Helps me come up with what to say in a job interview.

💡 _____

💡 _____

I Proved Them Wrong

by Lisa Williams

My name is Lisa Williams. All my life I have been told, “You can’t do that.”

When I was 12 I wanted to ride a bike so bad, I could taste it. Everyone told me you can’t do that. A friend’s mom had an old bike she let me use. It might have taken 3 months to learn, but I did.

In 1994, I started with Job Corps and I was told I would not make it through the Job Corps. After I was there for 2 months, I earned an award for top student in math. I finished my training in Health Occupation in 4 months time. I was the top graduate for Guthrie Job Corps in March. I now have been at Langston University for 3 semesters majoring in Special Education so I can become a teacher. I am passing all my classes. Here again I was told I could not make it. But I proved them wrong.

You can do anything you want. Don’t let people tell you that you can’t do it, because you can.