Self-Advocacy Workshop #1



Knowing Yourself Participant Workbook

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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:

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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.



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.

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Is this Your Strength?

l'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.

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Does this sound like you?

- _____ I'm energetic. l'm a good listener. I'm polite. I'm honest. I'm hard-working. _____I'm usually on time. l'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. l'm creative. _____ I'm good with words.
 - I have a good sense
 - _____ I'm good with my hands.
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Want To Try	Umm ⁷ Something
Want Are there people that Are there activities might help you? that might help you?	Pra
Are there activities that might help you?	Practice Making Your Case What Do You Need?
Are there things that would be helpful?	Case

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

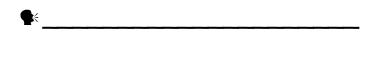




5. My favorite sport is

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.