

Understanding Self-Awareness and Self-Advocacy

Student _____

Date _____

1. Self-awareness - _____

- a. What are some things you do well? _____

- b. What are some things you need to work on improving? _____

- c. What are things you enjoy doing? Why do you like these things? _____

- d. What are things you dislike doing? Why do you dislike these things? _____

- e. What is important to you? Why? _____

2. Self-advocacy - _____

Places and/or situations I might need to self-advocate:	Something I need to know about myself before I can self-advocate in this place and/or situation:
a.	
b.	
c.	
d.	
e.	

Other things for me to think about:

What do my communication skills say about me?

Do I use appropriate body language and tone of voice when I talk to others?

Do I make wise word choices when I speak to others?

Do I feel confident when I talk about myself to others?