

Self-advocacy skills

Student instructions

- 1 Take a look at a career you have saved or a suggested career match that you're not sure is a good fit for you. Review the career profile, taking note of any aspects that you are unfamiliar with or not sure about.
- 2 If you haven't already, save the career and state how you feel about this career. Within the **Likes and dislikes** card provide 2-3 ideas about what you like about the career, and at least 1 aspect you are unfamiliar with or not sure about under dislikes.
- 3 For one of your dislikes, what could you start doing or speaking up about today in order to breakdown the barrier to this career? Explain in the **Explore this career notes** card how you would use one or more of the following self-advocacy skills or traits to help you start exploring your uncertainty now to help you figure out if this career is a good fit or not.
 - Communicating: expressing thoughts, facts, or opinions in speech, writing, or images.
 - Leadership: guiding or directing others to achieve goals.
 - Confidence: believing in yourself and your abilities.
 - Optimism: keeping a positive mindset about uncertain events or outcomes.
 - Persistence: staying a course of action even if you meet barriers.
 - Problem solving: finding ways to address or fix issues as they come up.
- 4 On your **About me** profile, add and rate self-advocacy in the **Skills** section. Consider adding other related skills from the following skills categories: **Communication & teamwork**, **Leadership**, and **Personal**.