

# Self-Awareness for Self-Advocacy: Student Version



## What is self-awareness?

Self-awareness is a critical aspect of self-advocacy. To effectively self-advocate, we must be aware of and understand our strengths, preferences, interests, and needs or essentials.

## How can self-awareness help me?

Becoming more aware of ourselves can help us understand how we relate to the situations that occur throughout the day.



## WHAT ARE SOME THINGS I CAN DO TO FOCUS ON SELF-AWARENESS?

- Listen to more people talk about self-awareness.
- Read more about self-awareness.
- Create a resource describing my strengths, preferences, interests, and needs or essentials.
- Communicate with someone I trust about self-awareness.
- What is something else I can do to focus on self-awareness?

### **Are there any tools to help me with self-awareness?**

Yes, there is a simple tool to help provide important information about you. Check out the [One-Pager resource](#) (I'm Determined, 2018). This tool can be printed out, filled out using the template, or completed using the [app](#), which works on any internet-connected device or computer. You can fill it out by typing, using talk-to-text, handwriting, and picture symbols. It can be used as a personal tool and can also be shared with people in your support system.

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*"My ADHD and autistic brain is really good at making connections, which for the longest time, I thought was a curse. But I have come to realize it is a huge strength that has helped me meet other people and form relationships, understand what isn't working for me or others in the environment, and expand my skills across so many different areas of interest."*

~Brian Middleton,  
TRIAD Advisory Committee Member

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# One-Pager

Name:

Today's Date:

## My Strengths

## My Interests

## My Preferences

## My Needs



# One-Pager

Name:

Today's Date:

## My Strengths

What do I do well in school?  
What do I do well at home or in my community?  
What do other people say are my strengths?

## My Interests

What do I like to do when I'm not in school?  
What activities or organizations do I enjoy participating in?  
What are my hobbies?

## My Preferences

What works for me? What helps me be successful?  
Where do I see myself in the future:

- Living?
- Working?
- Doing for fun?

## My Needs

What are the accommodations that help me?  
How can others help me?  
What are some things that are difficult for me?



# Good Day Plan

Name:

Today's Date:

Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
<p>What do I need to do to have a good day?</p> <p>What are my strengths?</p> <p>What makes me happy?</p> <p>What things are always present on good days?</p>	<p>Am I getting what I need during the day?</p> <p>If yes, GREAT! Keep it up.</p> <p>If not, move to next column to think of options and alternatives.</p>	<p>What do I need to make this happen?</p> <p>What strategies should I create?</p> <p>What goals should I set for myself?</p> <p>What do others do to make this happen?</p> <p>Is there a reasonable alternative?</p>	<p>What people can help me have a good day?</p> <p>What people do I need in order to increase the chance of good things happening?</p> <p>Who is my network of support?</p> <p>Can I be the support person for this?</p>



# Goal Plan

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## My Goal

What is one of my goals?  
The goal can be short-term or long-term.

## Next Steps to Reach My Goal

What action step(s) do I need to take to reach my goal?

## Outcomes

Results of attaining this goal.

How will I benefit from accomplishing this goal?

New opportunities that I will have after attaining this goal.

## People Who Can Support Me to Reach My Goal

Who are the people in my life who can help me reach my goal?  
Who will help hold me accountable to reach this goal?