



CIALFO
Inspire Path
Illuminating the Path to Your Success



SELF-ADVOCACY WORKSHEET

- I It is the first day of school and you see your schedule and there is a mistake. What do you do? How do you advocate for yourself?
- II Most days after returning home you watch an episode of your favorite tv show and then check Instagram. Often this takes twice the amount of time you anticipated. Who do you ask for help with time management? How do you tell your friends that you need to go to finish your homework?



WHAT IS SELF-ADVOCACY?

Self-advocacy is the ability to speak-up and stand-up for yourself and the things that are important to you and your needs. You may need to advocate for yourself in a variety of areas in your life, such in the classroom, for extra-curricular activities, and among your friends and family.

In order to build upon your advocacy skills, you will need to work on the following:

- Recognizing when and how your needs are not being met
- Understanding what those needs and wants are
- Identifying who to reach out to
- Deciding the most appropriate way to reach out
- Taking action

Throughout high school and beyond you will need to be able to **understand** and **communicate** your needs and wants to various people in your life. Sometimes, it can be easy asking your counselor to change an elective or more difficult like advocating for a higher salary.

SELF-ADVOCACY STEP-BY-STEP:

Example Scenario: You are working hard on your math homework but are finding a few problems challenging. You decide you need help to work through some of these problems.

Identify the problem / barrier.	I do not know how to approach or solve some of these problems.
What is my need?	I need support or clarification in understanding and working through these math problems.
Who do I reach out to?	Math teacher
What do I need to communicate to them ?	I am not able to finish the math homework, I need help.
How will I communicate?	<p>I will send an email to my teacher:</p> <p>Subject: Requesting help on homework</p> <p>Dear. Ms. Bhalla,</p> <p>I found a few problems challenging on our most recent math homework. I am unsure of how to proceed and would like your help understanding the concept better. Please let me know when you have some time to meet. I am available most days after school.</p> <p>I look forward to hearing your response.</p> <p>Thank you, Angela</p>

There are multiple ways you can advocate for yourself. In this scenario we choose to get support for our need by the math teacher. We could have also looked up YouTube videos, Khan Academy, and asked another adult is understood the math concepts.

WHAT DO YOU DO?

Try out the following scenario on your own!

Scenario:

You are an active member of a club dedicated to a cause you really care about. You would now like to apply for a leadership position in the club but you are unsure of the process. How do you advocate for yourself in this case?

Identify the problem / barrier in this case.	
What is my need?	
Who do I reach out to?	
What do I need to communicate to them ?	
How will I communicate?	

TRY IT ON YOUR OWN

Identify a current area in your life where you need to advocate for yourself. Write it out here.

Identify the problem / barrier in this case.

What is my need?

Who do I reach out to?

What do I need to communicate to them?

How will I communicate?

ACKNOWLEDGEMENT



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Thank you to the team at American Embassy School for providing us the inputs for this worksheet. Log in to your Cialfo account to join our speakers for a guided self-advocacy workshop session.

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