**Lessons for Teaching**

**Self-Awareness & Self-Advocacy**

Version 2.0

University of Oklahoma Zarrow Center for Learning Enrichment

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**Units & Lessons**

1. **Getting Started**
	1. Understanding Self-awareness & Self-advocacy
	2. Understanding What It’s all About
2. **Learning About Special Education**
	1. Learning About the History of Disability
	2. Learning About Special Education: How & why did I get here?
	3. Creating My History
3. **Understanding My Individualized Education Program**
	1. Getting to Know My IEP
	2. Still Getting to Know My IEP
4. **Understanding My Rights and Responsibilities**
	1. Learning About My Rights & Responsibilities in High School
	2. Learning About My Rights & Responsibilities After High School
	3. Where do I go from Here?
5. **Improving My Communication Skills**
	1. Learning How to Communicate Effectively
	2. Knowing What to Share and Who to Share It With
6. **Increasing My Self-Awareness**
	1. Starting My Self-Awareness Project
	2. Completing My Self-Awareness Project
	3. Presenting My Self-Awareness Project
7. **Advocating For My Needs in High School**
	1. Planning How to Advocate
	2. Learning From Experience
8. **Advocating For My Needs After High School**
	1. Using My New Skills on the Job
	2. Using My New Skills at Postsecondary School
	3. Reporting My Findings
9. **Developing My Resources**
	1. Completing My Summary of Performance and Goals
10. **Assessing My Progress & Portfolio**
	1. Assessing My Progress
	2. Assessing My Portfolio