**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