The background shows a person's hands writing on a document with a pencil. The image is overlaid with several colorful circles and icons: a white circle with a blue puzzle piece icon, a yellow circle with a white lightbulb icon, and a red circle with a white thumbs-up icon. There are also several smaller solid circles in orange, red, yellow, and white scattered around the main text area.

# Fostering Self-Advocacy and Self-Determination Skills

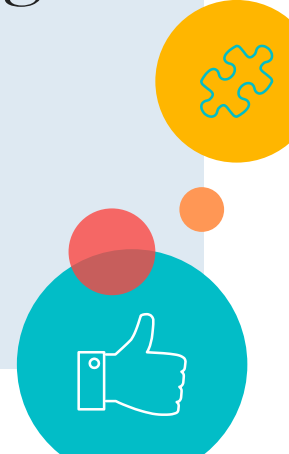
**Rachel Kizner**  
**M. Ed Special Education**



What is  
self-advocacy?

self-ad·vo·ca·cy

*noun*

1. The action of representing oneself or one's views or interests.
- 



What is  
self-determination?

self-de·ter·mi·na·tion

*noun*

1. The process by which a person controls their own life
- 



<https://www.youtube.com/watch?v=pNDFRC3U2kQ>

# Research shows that students who self-advocate:



- Are academically successful and engaged in schoolwork
- Contribute actively to their educational and transition planning
- Experience more post secondary involvement
- Report higher quality of life and more positive experiences in early adulthood



## Big Question:

What can educators AND students do to help foster self advocacy and determination skills?



Teachers  
can...

- Teach students communication skills
- Have students identify “go to people”



Teachers can...


- Use graphic organizers to help students in all subjects
- Present multi-step directions in chunks
- Implement Personalized Learning Models





For more free resources go to [www.dyslexiaDaily.com](http://www.dyslexiaDaily.com)


Name \_\_\_\_\_ Date \_\_\_\_\_

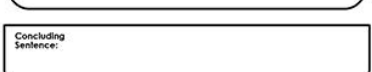
**Short Story Sandwich**  
Write your topic at the top. Add details to the middle layers. Add a concluding sentence at the bottom.

Topic: 

Detail: 

Detail: 

Detail: 

Concluding Sentence: 

Access more free worksheets, fact sheets, eBooks and recommended educational programs from Dyslexia Daily  
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# How To Personalize Learning

How can curriculum design address personalized learning?



Personalized Learning

**How?**

**Multiple Options**

Create curriculum with lots of ways to learn the same content.

**What?**

**Multiple Content Density Levels**

Create curriculum with lots of levels to allow learners to go deeper at their own pace.

**When?**

**Multiple Time Constraint Options**

Create curriculum that can be consumed at anytime.

**Where?**

**Multiple Location Options**

Create curriculum that can be consumed anywhere.

**Why?**

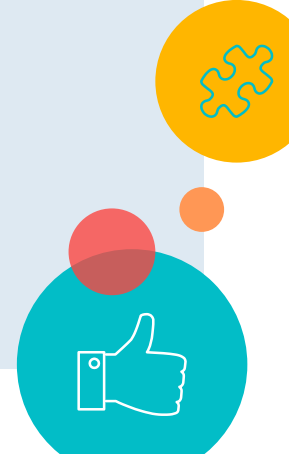
**Multiple Perspectives**

Create curriculum with lots of perspectives to address needs of different learners.





Students can...

- Write a letter to their teacher about themselves.
  - Ask the teachers ahead of time what books/materials will be used in class.
  - Look to see if the books are available in an audio version.
- 



# Example student letters

## A LETTER TO MYSELF

**Directions:** Write a letter to your future self, to be opened and read at the end of the school year. Use the guidelines below to help you compose your letter. During the last week of school, you will look back to see how much you have grown throughout the school year!



### Guidelines:

- Remember to use proper letter format (include the date, a greeting, and a closing)
- Be mindful of spelling, grammar, punctuation, and capitalization.
- Your letter should address all of the following questions:
  - What do you like and dislike about school?
  - What is your favorite and least favorite subject?
  - What are you good at? What is difficult for you?
  - What are you looking forward to this year?
  - What would you like to learn?
  - What are your goals for the year?
  - How will you reach your goals?
- Ask someone to help you edit and revise before publishing a final draft.
- Place the letter in an envelope to read at the end of the year!

### POWER

WORLDWIDE

DOO - Let Me Tell You About Myself

LET ME TELL YOU ABOUT  
**MYSELF**

NAME: Edwin Kwon

Hi my name is Edwin Kwon. I'm a very energetic person. I like to play sports like kung fu, football. I love to watch television. Lastly, one of the things I love to do is spend time with my friends.

As many people know, I love to play sports. For football, I was on the A team. I started in the summer and we quickly placed on the A team. Next, that the seasons over, I don't play with an other sport has occupied my life is kung fu. If you do not know what kung fu is, it's sword fighting. Kung fu is my passion. It is rough and hard and it takes willpower.

Sadly, I love to watch television. Some of my favorite channels are Animal Planet, ESPN, and Spike. On Animal Planet I watch whatever is on. On other channels like Spike or ESPN I watch wrestling and football. Not only

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FINAL DRAFT





# Student Led IEP Meetings

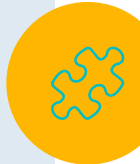
**STUDENT LED IEP - BY SHARON JACKSON**

WWW.TOONDOO.COM





[https://www.youtube.com/watch?time\\_continue=2&v=ydTim51Jf7U](https://www.youtube.com/watch?time_continue=2&v=ydTim51Jf7U)



My name is: \_\_\_\_\_



I am in the \_\_\_\_\_ grade.

Here are some things that my previous teachers, my parents and I have found helpful when we're working together.

Strengths	Challenges	Strategies

I have:  An IEP  A 504 plan

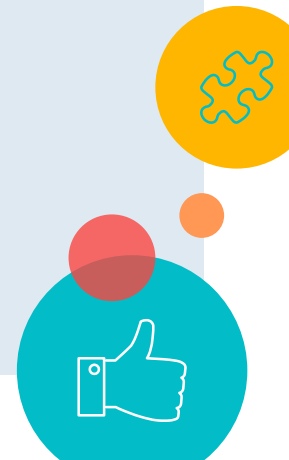
Accommodations: \_\_\_\_\_

\_\_\_\_\_

My mom's/dad's name is \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_





<https://www.imdetermined.org/>



Virginia Department of Education  
**I'm Determined Project**  
www.imdetermined.org

## One-Pager

Name:

Today's Date:

### My Strengths

### My Interests

### My Preferences

### My Needs

Resource provided by Im Determined, a state-directed project funded by the Virginia Department of Education. © 2006-2018 Im Determined. All rights reserved. Last updated 01/2018





[Learning Ally](#)

[Story Online](#)

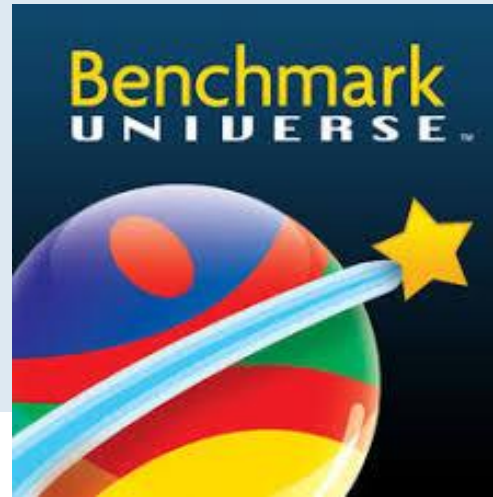
[Benchmark Universe](#)

[Aim VA](#)



**aim·va**

ACCESSIBLE INSTRUCTIONAL MATERIALS





## References

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<https://www.teachthought.com/learning/beginners-guide-personalized-learning/>