

Advocacy Checklist

Do we match?

Fill out the 20 questions below. Check **yes** if you do the action almost all the time. Check **nope** if you do this some of the time or are still figuring out how to do this. Then, cover your responses and have a trusted person fill out the same 20 questions about you (or read the questions and have them rate you).

	Me		Another person		
	Yes	Nope	Yes	Nope	Match yes / no
1. I can describe why I am in school and understand how each class helps me.	___	___	___	___	yes / no
2. I can explain what my obstacles to learning are.	___	___	___	___	yes / no
3. I have seen my test results and understand my my targets or objectives.	___	___	___	___	yes / no
4. I use my test/quiz results to set goals.	___	___	___	___	yes / no
5. I helped plan my schedule for this school year.	___	___	___	___	yes / no
6. I offer my opinion if asked.	___	___	___	___	yes / no
7. I can explain my strengths.	___	___	___	___	yes / no
8. I can explain my challenges.	___	___	___	___	yes / no
9. I can tell teachers/parents how I learn best.	___	___	___	___	yes / no
10. I can tell teachers parents what makes my learning harder.	___	___	___	___	yes / no
11. I ask teachers/staff to repeat directions as needed.	___	___	___	___	yes / no
12. I ask teachers/parents for help when I do not understand what I am supposed to do.	___	___	___	___	yes / no
13. I participate in discussions in class/work.	___	___	___	___	yes / no
14. When asked, I can find a group of my peers to work with.	___	___	___	___	yes / no
15. I feel comfortable talking with my teachers or staff	___	___	___	___	yes / no
16. I know when I can solve problems on my own at school/work.	___	___	___	___	yes / no
17. I know when I can't solve problems and know who to ask.	___	___	___	___	yes / no
18. I can ask for help without getting angry or shutting down.	___	___	___	___	yes / no
19. I keep asking for what I need, if I don't get it.	___	___	___	___	yes / no
20. I will initiate a connection (text, call, email, or in-person communication) if I need more information or need to follow up in order to complete a task.	___	___	___	___	yes / no

Did we match? Do I see my advocacy abilities in the same way as others do? If not, why? Why do we need to learn about advocacy? What are other ways to advocate for oneself in the community, online, on dates, in stores, etc.