

# SELF-ADVOCACY IS NOT EASY! (even for adults)

YOU'LL NEED TO SELF-ADVOCATE WHEN YOU:  
APPLY FOR COLLEGE • TALK TO YOUR TEACHERS  
AND ADVISORS • INTERVIEW FOR A JOB

It may feel uncomfortable—You might not feel “in charge”  
**DON'T WORRY—IT'S A BRAIN THING...**

## METACOGNITIVE AWARENESS

Having an awareness of, and the ability to actively monitor, one's own thinking, and the acknowledgement of one's own strengths and weaknesses

## EMOTIONAL SELF-REGULATION

Being able to manage and modulate one's emotions and having the emotional self-confidence and self-esteem to speak up

...It's not done forming until we're  
**20-SOMETHING YEARS OLD!**

# But now's the time to PRACTICE!

We all feel stress and anxiety. As we get older we learn to not let those feelings stand in our way.

Check it out—learn how to clearly express to others what is best for you. It's a great life skill you'll never want to be without.

**ASSERT YOUR  
INTERESTS, BELIEFS,  
and RIGHTS**

**NEGOTIATE**

**EFFECTIVELY  
COMMUNICATE**

**CONVEY YOUR  
IDEAS**



## PROMOTING SELF-ADVOCACY FOR OUR STUDENTS

- Advising is a partnership between advisor and student and promotes student self-determination.
- Our academic curriculum and general education objectives directly address self-advocacy as a goal.
- Our student life structure promotes positive peer-to-peer engagement and expands self-advocacy as a life skill for success.