

Self Awareness is key to Self Advocacy



SELF ADVOCACY

JEVS hireAbility

Pre-ETS Camden County



WHAT IS SELF ADVOCACY

- Self advocacy teaches individuals to stand up for their rights and take an initiative to be independent.
- Everyone has the right to be treated equally.
- It is our **goal** to ensure all **individuals** with **disabilities** receive **fair** and **equal treatment** not only in the work place but in society.





PENNSAUKEN HIGH SCHOOL AT MT. LAUREL WEGMANS

Self awareness is conscious knowledge of one's own character, feelings, motives, and desires. By incorporating self awareness into the lesson on self advocacy students learn how to be unique and understand themselves better.



GETTING TO KNOW OUR STUDENTS FROM PENNSAUKEN HIGH SCHOOL

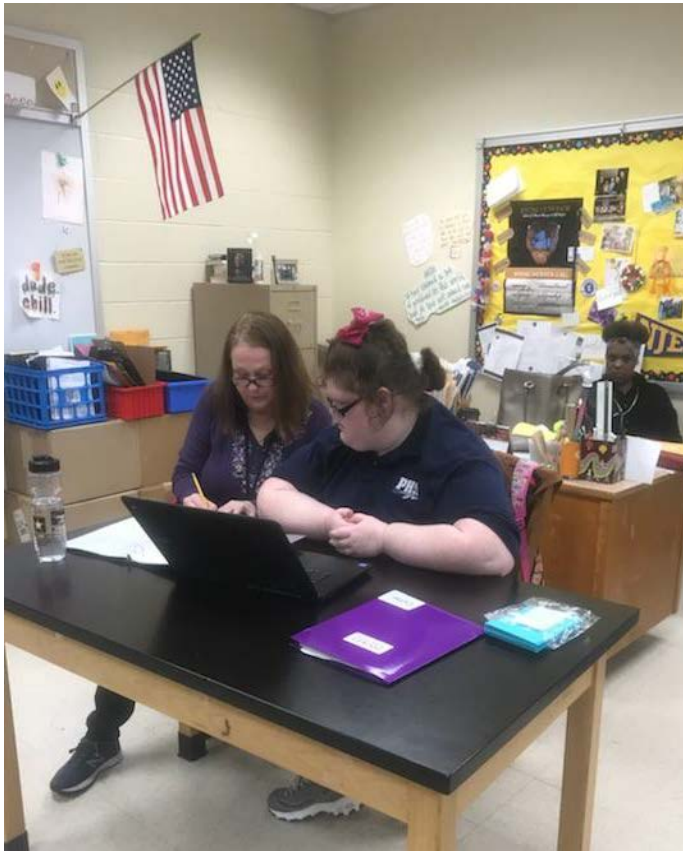
Mateo came from Columbia to receive a better education. He only speaks Spanish but has dedicated himself to learning the language. During our lesson on Self Advocacy Mateo was able to apply the lessons to his personal life. He has been speaking English little by little and advocating for what he needs. Mateo is now able to ask for help when needed and address any questions he may have.



Roman is always looking for more work to do and goes out of his way to help others. He is kind hearted and wishes to become a journalist one day. With his hard work and dedication he can accomplish amazing things. Roman's writing gives him the voice he needs to fight for his needs and provides him with the feeling of importance that every individual should have.



TEACHING THE STUDENTS OF PENNSAUKEN HIGH SCHOOL HOW TO ADVOCATE FOR THEMSELVES IN THE CLASSROOM AND WORK ENVIRONMENT



During the start of the program Caitlyn was very shy and quiet. She has learned to voice her opinions and concerns.



Antonio volunteered to show his class the proper way to care for an arm injury. Medical care is an important skill to learn in the case of an emergency. Our students are now well equipped to care for themselves and others in need of help.

LINDENWOLD HIGH SCHOOL AT MT. LAUREL WEGMANS

Self Advocacy entitles individuals with disabilities to the following:

1. The right to be treated equal
2. The right to be free from harassment.
3. The right to hold meetings
4. The right to not be discriminated against
5. The right to vote
6. The right to privacy
7. The right to freedom
8. The right to marriage and creating a family
9. The right to your social security
10. The right to work
11. The right to rest from work and relax
12. The right to education
13. The right to care and assistance when needed
14. Freedom of speech
15. The right to health care
16. The right to choose whether or not to take medication
17. The right to get informed choices
18. The right to ask for clarification
19. The right to reasonable accommodations
20. The right to receive equal pay



GETTING TO KNOW OUR STUDENTS FROM LINDENWOLD HIGH SCHOOL

Dajia is a generous, fun loving girl. Her positive attitude is contagious and her drive to work makes everything worth the while. Dajia sees herself as being a future caregiver in a hospital to children or the elderly. Dajia's motivation allows her to make her dreams a reality.



Rameses started our program with a hesitant personality. He was quiet and a man of few words however, we have taught him the importance of speaking up for himself and showing others he is fully able to do anything he sets his mind to. After spending weeks working with Rameses he has shown great progress and can give the best interview you have ever seen. His perfect posture and professional answers will have you wanting to hire him before he even walks out of the door.



TEACHING THE STUDENTS OF LINDENWOLD HIGH SCHOOL HOW TO ADVOCATE FOR THEMSELVES IN THE CLASSROOM AND WORK ENVIRONMENT



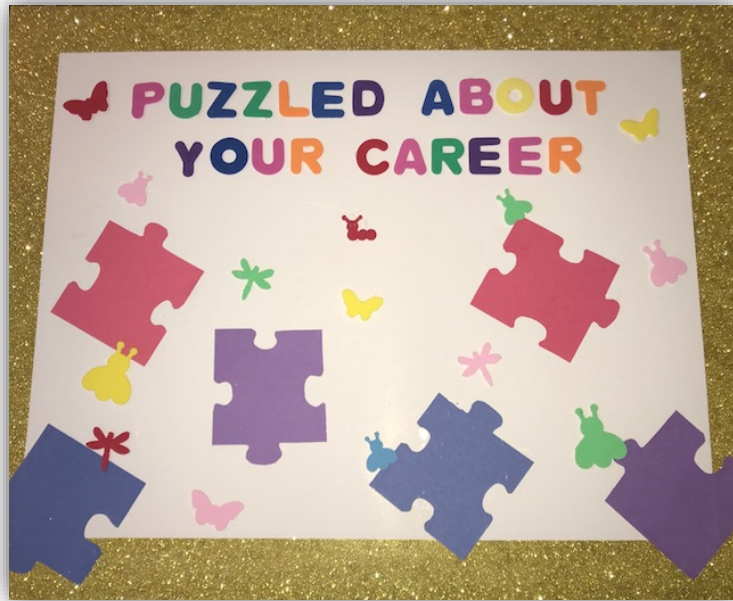
Ashley eagerly listening to the presentation given by Sahara Sam's about safety and how to care for yourself and others.



Mariyah asking questions regarding employment at Wegmans in Mt. Laurel, NJ.



LESSONS TAUGHT TO EDUCATE STUDENTS



The students could spin the wheel to choose a topic to learn about. This allows the students to have a say in which lesson is taught and makes the activity more fun.

Each poster discussed how to advocate for themselves and when a student would need to advocate for themselves. Many of the students did not know which career path they wanted to follow and had a difficult time making decisions.

A Career Navigator and Job Coach role played situations where the students needed to speak up for themselves and negotiate.



Lessons Taught to Educate Students

Each student received a bookmark with information on how to dress appropriately for a job interview and work place along with skills they need to have a successful job interview.

HOW TO NAIL A JOB INTERVIEW



FIRST IMPRESSIONS

In the interview, your clothes, manners and mannerisms are all on display. Within the first 60 seconds, your self-confidence and ability to present yourself is assessed. Be prepared to make a strong first impression.

- Model your clothes after the company dress code
- Wear clean, wrinkle-free clothes
- Trim and clean your hair
- Polish your shoes
- Cover up tattoos and remove any body piercings
- Do not talk on your phone or listen to music while in the waiting room

THE PHONE INTERVIEW

More and more businesses are making it a habit to weed out unqualified candidates by doing a phone interview before the traditional face-to-face interview.



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DURING THE INTERVIEW

- Arrive 10 minutes before the interview
- Use a firm handshake
- Maintain eye contact
- Be friendly & polite
- Wait for interviewer to finish speaking before answering question

CAN YOU TELL ME ABOUT A TIME WHEN...

- Give the employer your current or last job title and duties.
- Describe the skills and qualities that make you the perfect candidate for the job.
- Give specific details when asked about specific examples of your accomplishments or how you handle certain situations.

COMPENSATION

Salary Negotiation is all about timing. The time to discuss salary is when the employer says they want you for the job. The biggest blunder made by job applicants is the tendency to jump to the issue of compensation too quickly.

ASKING QUESTIONS?

Ask questions relating to the position throughout the interview. This will help you understand what the employer is looking for. Most importantly, **ASK FOR THE JOB.** This is a great way to close the interview. Think of it as "closing the sale."



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THE 5 LEVELS OF BUSINESS ATTIRE

Always follow the "1-1-1 Rule." You can dress one level higher than what's appropriate for your workplace, and it can work to your advantage if you aspire to rise through the ranks. The only time you should dress one level down is on a casual Friday or other relaxed event.

LEVEL 5 Baseline Casual	Nice T-shirts or casual collared shirts. Dark and elegant denim. Tasteful sneakers.
LEVEL 4 Mainstream Casual	Shirts and sweaters in a variety of colors and patterns. Slacks or corduroy. Relaxed but elegant shoes.
LEVEL 3 Executive Casual	Brightly colored or patterned shirts and ties. Sports coats and jackets. Dressy slacks, pants. Loafers or monk-strap shoes.
LEVEL 2 Traditional Business Attire	Traditionally patterned shirts and ties can be more brightly colored. Dark and subtly patterned suits. Dark brown or navy blue oxfords.
LEVEL 1 Boardroom Attire	Crisp white dress shirts and modest ties. High quality accessories. Dark charcoal gray or navy blue two- or three-piece. Only black oxfords or derbys.

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