



CareerAbilities

November 2008

This Month's Quiz:

True or False

1. Self-Advocacy is the ability to complain and win arguments.
2. Self-Advocacy requires taking responsibility for your own situation, success and feelings.
3. Self-Advocacy always takes place in a planned, formal way.
4. Identifying solutions is an important aspect of self-advocacy.
5. A good self-advocate does not ask for assistance when seeking to resolve a problem.
6. When in a formal self-advocacy situation, it is important to document concisely all details of process.

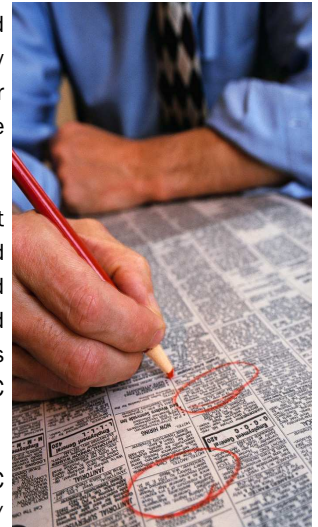
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CareerAbilities is a monthly newsletter produced by Howard Community College Counseling and Career Services and Disability Support Services to increase student awareness of HCC career programs and services and to highlight career topics that are important to students with disabilities.

CareerAbilities newsletters inform students about employment issues unique and not so unique to people with disabilities and provide information that can be used to make education and career decisions. We welcome suggestions about topics you would like to see addressed and encourage you to stop into our offices and use the many services that we offer free of charge to HCC students.

Issues of **CareerAbilities** can be found online at the HCC Counseling and Career Services Website at www.howardcc.edu/students/counseling_career_services_and_job_assistance/jobsearch/resourcesdisability.com. They are also available in the Counseling and Career Services Library, RCF-302, and can be sent directly to your e-mail address.



You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose. You're on your own. And you know what you know. You are the guy who'll decide where to go.

Dr. Seuss

WEBSITES OF THE MONTH

General information on Self-Advocacy

<http://www.wrightslaw.com/info/self.advocacy.htm>

Self-Advocacy for people with Autism Spectrum disabilities

<http://www.autisticadvocacy.org>

Self-Advocacy for people with Learning Disabilities

<http://www.ldonline.org/article/6142>



To receive a copy of this Newsletter thru e-mail, contact Ann Kukulies at 410.772.4009

1. False. Self-advocacy is the ability to speak up for yourself and communicate what is important or needed by you in a way that conveys your talents, abilities, and what you need to succeed and doing so in a way that is assertive, but not aggressive. A good self-advocate uses a moderate tone of voice and never uses inappropriate language or personal insults.
2. True. Self-Advocacy requires that you learn all you can about yourself, your disability, and your goals and then trust yourself to make decisions about your life.
3. False. Self-advocacy is often spontaneous and informal in social or casual interactions that require little or no explanation or documentation. Self-advocacy can be something as simple as stating to someone, "thank you for offering to help me, but I don't require assistance with that task" or "I do not understand the question, could you please repeat it more slowly?".
4. True. Identifying your challenges, how you have successfully coped in past situations to meet those challenges, what outcome you wish to accomplish, and what course of action you expect to be used to accomplish those outcomes, are all necessary components of effective self-advocacy.
5. False. Asking for **assistance** when you are unable to resolve a problem on your own can be an important aspect of the self-advocacy process. It allows you retain responsibility for the outcome of your situation while working with someone to resolve a problem. Ignoring or NOT asking for assistance because you are unaware of your needs, unable or unwilling to articulate those needs, or prefer that someone take responsibility for the outcome of your situation is not self-advocacy.
6. True. A brief outline of the issues and desired outcome, detailed notes of the people involved and actions taken, and documentation of materials you wish to have considered will keep a formal self-advocacy process organized and efficient .

Self-Advocacy

Self-advocacy is an important skill to learn because it enables you to speak up for yourself and about your needs in a positive and assertive way and it enables you to make your own decisions about your life. To do this, it is vital that you know yourself, your challenges, your responsibilities and your rights. Self-advocates are knowledgeable about their disability and how it impacts their life and have learned to trust themselves and take responsibility for their own situations, successes and feelings. They are aware of their strengths and how they have coped with problems in the past, and they continually identify their goals and options to achieve those goals. In addition, good self-advocates also know who can or should be involved in assisting them, while still maintaining responsibility for the outcome.

Self-advocacy can take many forms. It can be a formal process in which you provide documentation of your disability and request specific accommodations to be made or it can be a spontaneous response to an immediate situation that does not require any further follow-up. Sometimes being a good self-advocate means taking risks or negotiating a resolution to attain the outcomes to which one is entitled. In these more formal situations, it is important to keep good notes about the people you have spoken to, details of conversations and actions, and copies of any documentation or outcomes. Remember, good self-advocates are prepared, persistent, patient, positive, polite, provide documentation when needed, and practice self-advocacy in every aspect of their lives.

For more information about self-advocacy or to learn how to be a more effective self-advocate, you can contact Counseling and Career Services or Disability Support Services in RCF 302.

Counseling & Career Services

Mon, Tue, Wed

8:30am-8:00pm

Thu, Fri

8:30am-5:00pm

Phone: 410.772.4840

Fax: 410.772.4499

website: www.howardcc.edu/career

Disabilities Support Services

Counselor Hours:

Mon, Wed, Thu, Fri

9:00am-5:00pm

Tue

9:00am-8:00pm

Phone: 410.772.4629

Fax: 410.772.4276

website: www.howardcc.edu/students

For any questions or concerns, please contact Ann Kukulies at 410.772.4009

Last Day to Drop Classes Friday, October 31, 2008

Register early for Winter and Spring 2009
November 3, 2008—January 5, 2009

WRP Announcement

Watch out for information to apply for the
Workforce Recruitment Program
(summer employment for students with disabilities)
coming up in November. E-mails will go
out with dates and more details.

Up Coming Events

Prepare for the Job Fair/ Interview Workshop

October 29, 12:30 pm—1:30 pm
RCF-302

Success In Style (Fashion Show)

October 29, 12:00pm—1:00pm
Burrill Galleria

Relieving The Torture of Tests, Test Taking Strategies

October 29, 4:00pm—5:00pm
RCF-354

Fall Job/Career Fair

November 7, 10:00am—1:00pm
Burrill Galleria

Stress Management, Anxiety Relief

November 19, 4:00pm—5:00pm
RCF-354

COMPANIES ON CAMPUS

Bath & Body Works

ELB Lobby
October 29, 10:00am-2:00pm

Asgard Press (Vintage calendar & cards)

ELB Lobby
October 30, 10:00am-2:00pm



Career Information Presentation

Speaker

Katelyn Choe

*Foreign Service Officer and a
Una Chapman Cox Fellow*

*Presentation on Ms. Choe's experiences
with the State Department and Career
Opportunities Representing America
throughout the World*

Learn about
Careers, Internships, Foreign Service,
Civil Service and Student Programs

When: October 30, 2008

Time: 3:00 pm

Location: RCF-302