

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**



LANDMARK
COLLEGE

www.landmark.edu

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

ENJOY AND SHARE THIS STUDENT-FRIENDLY INFOGRAPHIC.

OUR 11"x17" POSTER IS THE FIRST EDUCATIONAL INFOGRAPHIC OFFERED TO THE PUBLIC FROM THE THOUGHT LEADERS AT LANDMARK COLLEGE'S INSTITUTE FOR RESEARCH AND TRAINING.

Students of all learning styles will benefit from this easy to read and understand infographic poster expounding on the importance of, and facts surrounding, student self-advocacy.

- PLACE IT IN YOUR OFFICE
- HANG IT ON YOUR CLASSROOM WALLS
- USE IT AS PART OF YOUR TEACHING MATERIALS

FEEL FREE TO CONTACT US FOR EXTRA COPIES.

