

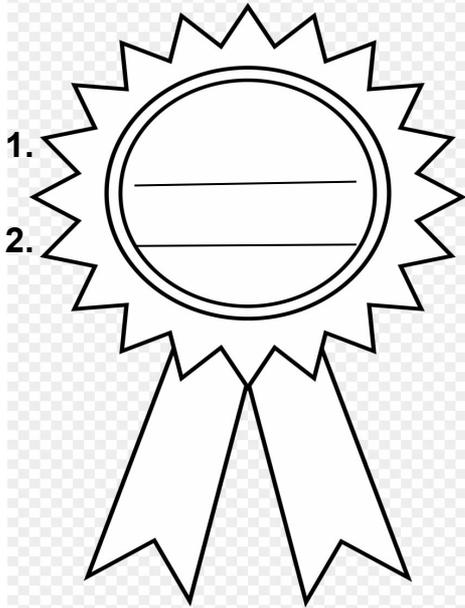
Name

Period

Date

____/____/____

Self-Awareness Notes, pg. 1



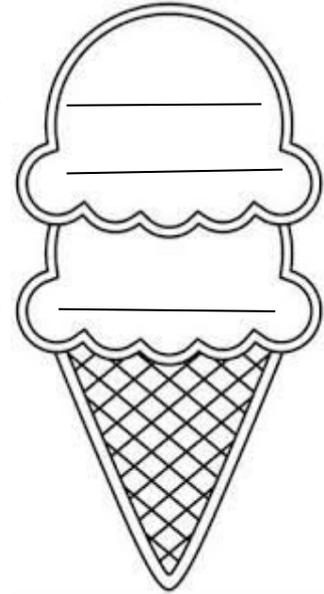
2 things I do well

1. _____
2. _____



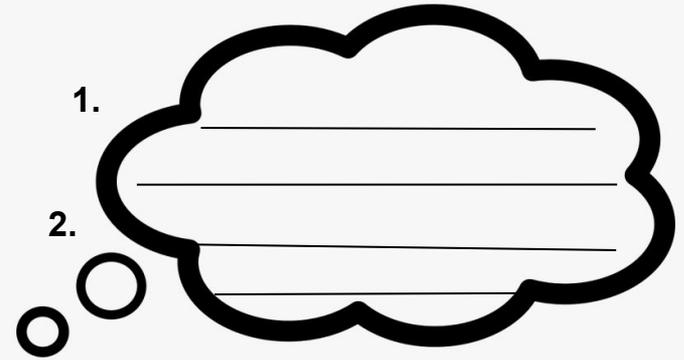
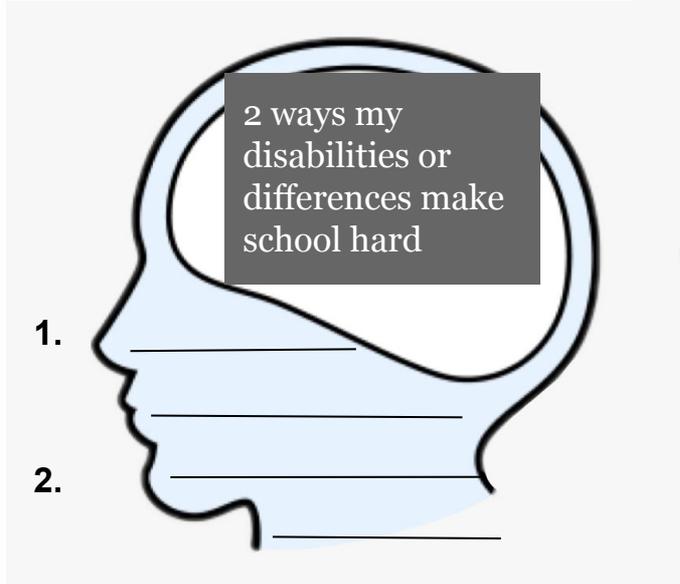
2 things that are hard for me

1. _____
2. _____

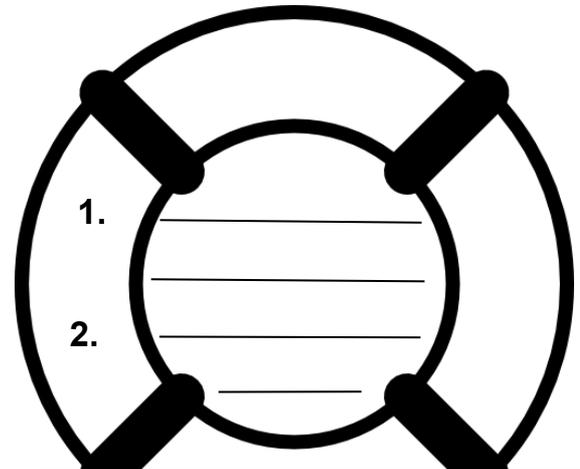
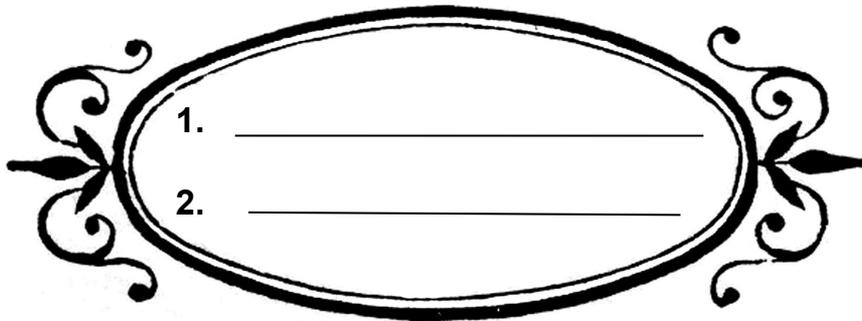


2 things I like about me

Self-Awareness Notes, pg. 2



2 people who I go to for help



Self-Awareness Leads to Self-Acceptance and Self-Advocacy!



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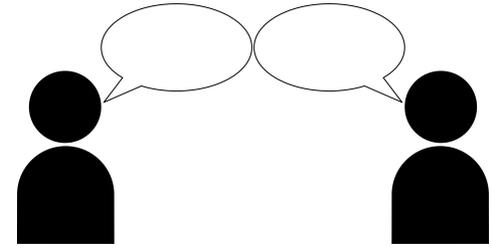
The [neurodiversity](#) movement is helping us understand that there's no right or wrong way to think or act. We are all unique and that's a good thing.

Uniqueness doesn't mean that life is always easy.

Society is set up to favor people who are “neurotypical.” Knowing how to speak up and be assertive is critical. The next page shows some ways to state your needs, educate people on your rights, and ask for help without apologizing for being different than the mainstream population.

Some people aren't comfortable opening up about their differences/disabilities, and that's okay too. Everyone is on their own journey of self-awareness, self-acceptance, and self-advocacy.

Examples of Self-Advocacy Phrases for School



Can you please repeat that? I sometimes have trouble paying attention and holding on to information.

I would love a simple checklist to make this assignment less complicated for me. It's hard for me to process so many words in the directions.

Is it possible for me to switch partners? I work best with people who are understanding about my neurodivergent behaviors and thinking.

Is there any way I could have a few more days to get the assignment done? I have an accommodation on my IEP that allows for extra time to complete work.

I have autism. I don't always interact with people in ways they expect. Thanks for your patience.

I have ADHD. I fidget a lot and am easily distracted. Taking short movement breaks helps me focus.

I have trouble with words and language. Visuals help me a lot.

I have dyslexia. Is there an audiobook that goes along with this book?