MY LIFE, MY CHOICES

UNIT 1
Discovering Me

My Past: The Places I've Been

My Present: Where I Am Now

My Future: My Destination
Discovering Me
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Language Learning Style

“I learn best by using language through speaking, hearing, reading, and writing.”
Understanding My Learning Style

Mathematical Learning Style

“I learn best with simple and specific steps. Math is also a strength of mine.”
Understanding My Learning Style

Visual Learning Style

“I learn best through the use of pictures, videos, and other images.”
Understanding My Learning Style

Kinesthetic Learning Style

“I learn best by doing and physically practicing a skill. I use movement and motion while thinking.”
Understanding My Learning Style

Musical Learning Style

“I learn best when information is in rhyme, rhythm, tune or pattern.”
Understanding My Learning Style

Interpersonal Learning Style

“I learn best when I communicate and interact with others.”
Understanding My Learning Style

Intrapersonal Learning Style

“I learn best when observing and taking time to reflect. I work best in one-on-one situations.”
You have just changed jobs. You need to learn a new bus route to get from your house to your new job.

What strategies can you use to be successful?
You work in a restaurant and your supervisor has asked you to use a new recipe. What strategies can you use to be successful?
Understanding My Learning Style

You’re in the school band and need to learn a new piece of music.

What strategies can you use to be successful?
Understanding My Learning Style

You just got a new job at a grocery store working at the register. You need to learn how to scan items using the register.

What strategies can you use to be successful?
My Ideal Job
My Ideal Job
My Ideal Job
My Ideal Job
My Ideal Job
My Ideal Job
My Ideal Job

Realistic vs. Unrealistic

Realistic expectations are things that are reasonable and make sense.

For example: It is realistic to expect that you would receive a lunch break when working for more than 4 hours at your job.

Unrealistic expectations are things that are not reasonable don’t make sense.

For example: It is unrealistic to expect your boss to buy you lunch every day.
Self-Advocacy

Avocados and Advocacy
Self Advocacy is when you speak up for your own needs.
Self-Advocacy

Click on the image below to view video clip
Self-Advocacy

Just like an avocado needs every part of itself to grow, we need every part of ourselves to self-advocate.

The **inside flesh** is soft and can be easily damaged.

The **core** is hard and strong and provides the avocado with nutrients.

The **outer skin** is flexible and protects the avocado.
Self-Advocacy
Self-Advocacy

What is an accommodation?

An accommodation is a special arrangement that is made in order to help you be successful.
Making Informed Choices

walking around town
Making Informed Choices

working with my hands
Making Informed Choices

drawing or painting

Completely Like Me  Somewhat Like Me  Not Like Me
Making Informed Choices

working on the computer
Making Informed Choices

Completely Like Me — Somewhat Like Me — Not Like Me

doing the same routine each day
Making Informed Choices

Lifting things
Making Informed Choices

Completely Like Me | Somewhat Like Me | Not Like Me

riding in a car
Making Informed Choices

Completely Like Me       |     | Somewhat Like Me |     | Not Like Me

using tools or machines
Making Informed Choices

Completely Like Me  __  Somewhat Like Me  __  Not Like Me

working with others
Making Informed Choices

Completely Like Me __________ Somewhat Like Me __________ Not Like Me

cooking
Making Informed Choices

Completely Like Me  _____  Somewhat Like Me  _____  Not Like Me

doing things by myself
Making Informed Choices

Completely Like Me | Somewhat Like Me | Not Like Me

playing sports
Making Informed Choices

Completely Like Me  |  Somewhat Like Me  |  Not Like Me

shopping in stores
Making Informed Choices

Completely Like Me ________ Somewhat Like Me ________ Not Like Me

cleaning your home
Making Informed Choices

Completely Like Me —— Somewhat Like Me —— Not Like Me

helping others
Problem Solving

When thinking about solving a problem, think about a tree:

1. **ROOT of the Problem**
   - What’s the real issue?
   - What is causing the problem?

2. **Steps to SUPPORT a Solution**
   - What can I do to solve the problem?
   - What will help the situation?

3. **SOLUTION**
   - How did the problem get solved?
Problem Solving

My Problem:
I lost my house key somewhere at school.

Now break the problem down:

ROOT of the Problem:
Without my house key, I won’t be able to get in my house after school.

Steps to SUPPORT a Solution:
1. I can see if anyone turned in a key at the office.
2. I’ll retrace my steps to see if I can find it.
3. I can call my parents to meet me at home.

SOLUTION:
When I retraced my steps, I found my key on the floor in the lunch room.