Welcome to YAiT
Young Adults in Transition
Training 1
Agenda

- Paper Work
- Introduction to YAiT
- Icebreakers
- Defining Disability and Discovering Yourself
- Advocacy
- Self-Determination
- Who I Am

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Introduction to YAiT
What is YAiT?

YAiT is a group, led by high school students, that brings students together with others who have something in common.

You learn about yourselves, your rights, and how to speak out for what you need.
Why was I selected?

- You exemplify good leadership skills
- You have an interest in your future and helping others
Some Goals of YAiT

- Prepare ourselves for life after high school so we can be successful in the real world

- Learn about ourselves, our abilities and our strengths. We do not need to be embarrassed about our disabilities or afraid to speak out

- Make new friends we have things in common with
Some Goals of YAiT

- Become a voice for others who don’t know or who don’t speak up for themselves
- Inform teachers, make them aware
- Apply what we learn through YAiT back at our schools and in planning for our IEP meetings
- Discover our leadership abilities
COMMITMENT to YAiT

- to pledge (oneself) to a position
- a pledge or promise
- an agreement

We ask that you attend and participate in all of the YAiT activities. You are a select group and it is important that you participate.
Getting to Know Each Other
Introductions

- Two Truths and a Lie
- Count Off
- Individual Introductions
In your group, write a list of everything you ALL have in common. At least 10 things.
What is Disability?
A few key terms before we start

• Confidentiality
  • What is discussed in this group should not be shared with others

• Self-Disclosure
  • It is up to you to share information about yourself and/or your disability
What is Disability?

- What are some things that come to your mind when someone says disability?

- Do you mostly think of things you can see? Give examples?

- What are some of the most common we can see disabilities? What are some disabilities we cannot see?
1. Describe what disability means to you.

2. Describe your disability in clear terms.

3. How does your disability affect your performance at school, home, or in the community?
Discovering Your Abilities
Think of disability as a weakness.

A weakness is something that we may need extra help with.

Doesn’t everyone in this world have weaknesses?

For every weakness you have, you certainly have a strength
If you have done this activity before, you should have gained more information about yourself and your strengths and weaknesses.

Identify different strengths and weaknesses than you did before.

Also consider the future when thinking about your strengths and weaknesses. What kind of support will you need in your future.
Activity—Brown Bag

1. Draw yourself on the front of your bag

2. Write down three strengths you have and three weaknesses you have

3. The strengths that you or I cannot see, put them in your bag—the ones we can see, tape to the outside of your bag

4. The weaknesses that you or I cannot see, put them in your bag, the ones we can see, tape to the outside of your bag
Everyone has strengths and weaknesses

Most disabilities are not visible to the eye

Don’t judge a book by the cover

Who would like to share some of their strengths and weaknesses?
SELF-AWARENESS
Self-Awareness

- Self-awareness means knowing your own interests, skills, and limits.

- It also means knowing what your family or other adults think about your future and how they can help.
What does having a disability mean to you?

1. How does your disability affect you in your life?

2. What do you wish your teachers or parents understood about you?

3. How can people help you better?
Does having a disability mean you can’t be successful?

- Your disability only limits you if you let it! Let’s meet some successful people!
This man is considered one of the world’s foremost experts on “Black Holes”, and is professor of mathematics at Cambridge University. He is the author of several books on the nature of the universe.

Dr. Stephen Hawking
Successful People

This man led his basketball teams to the NCAA championship and five NBA championships. Since retiring from the game he has become a successful businessman and has set up a foundation to help inner-city communities across the country. He has a learning disability.

Magic Johnson
Successful People

This man struggled in school and had a learning disability called dyslexia (a reading disability). He went on to become a successful movie producer, director, screen writer, animator, and theme park developer. He founded one of the largest media and entertainment corporations in the world.

Walt Disney
Successful People

- This Pro Football Hall of Fame quarterback won 4 Super Bowls and is currently a football analyst on TV. He has AD/HD.
Successful People

- This award-winning actress, comedian, and singer has a learning disability. Film credits include The Color Purple, Ghost, and Sister Act.

Whoopi Goldberg
This man had a disability and struggled in school. He went on to be become the most prolific American inventor, holding over 1000 patents.

Thomas Edison
All of these people became successful with help from other people...friends, family, teachers, others.
This process is called... ADVOCACY

Advocacy means active verbal support for a cause or a position; speaking up or acting in favor of something.

- You advocate for yourself and for others.
- Others advocate for you too.
Self-Advocacy happens when you lead your own IEP meeting, or when you ask for help, or accommodations, to make learning easier for you.
Advocacy

- Your parents and teachers advocate when they speak up for you and help you get what you need so you can learn better.
What is Self-determination?
<table>
<thead>
<tr>
<th>Choices Made By Me</th>
<th>Choices Made For Me by Others</th>
<th>Choices Influenced by Others</th>
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Self-Determination

“I have made some bad choices, I have made some so-so choices, and I have made some good choices. The most important thing about all of them is that they are mine—all of them.”

Anne Wilson Schaef
Self-Determination

“Self-determination is the attitudes and abilities required to act as the primary causal agent in one’s life and to make choices regarding one’s actions free from the undue external influence or interference” (Wehmeyer, 1992, p. 305).
Characteristics of Self-Determined Individuals

- Know how to choose
- Know what they want
- Know how to get it
- They make things happen in their lives
- Goal-setters
- Problem-solvers
- Decision-makers
- Aware of strengths and limitations
"It's always 'Sit,' 'Stay,' 'Heel' — never 'Think,' 'Innovate,' 'Be yourself.'"
Hardest Things for Youth with Disabilities

1. Talk about their disability
2. Identify their strengths
Skills Identification

- What are some skills you think a good leader or advocate should have?
WHO I AM?

- Think of a shape or an object that you like and kind of describes you.

- Then answer each of the 7 questions and fill them in your shape.
My Favorite People

My Biggest Dream

My Biggest Nightmare

Things I like about myself

My Biggest Accomplishment

Things I would change about myself

My Biggest Mistake

My Favorite People
WHO AM I?

- Anyone want to share?
- Can we display these during our session tomorrow?
In the FUTURE.....