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.

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.

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