

**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



# Discovering Me



# Discovering Me



# Discovering Me



# Discovering Me



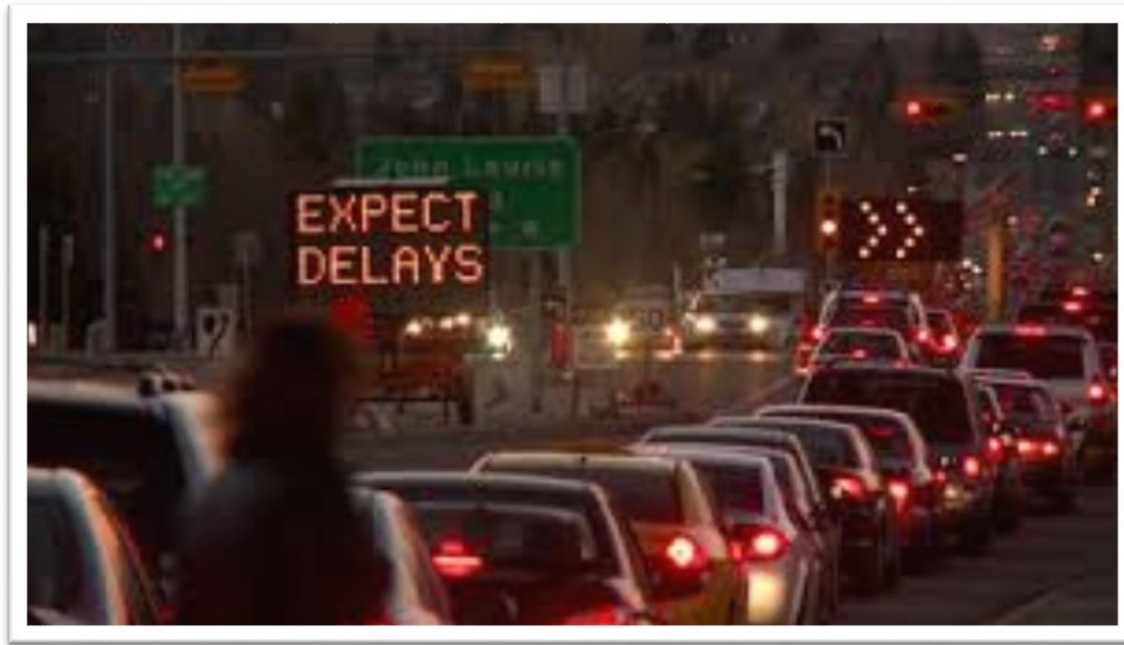


# Discovering Me





# Discovering Me



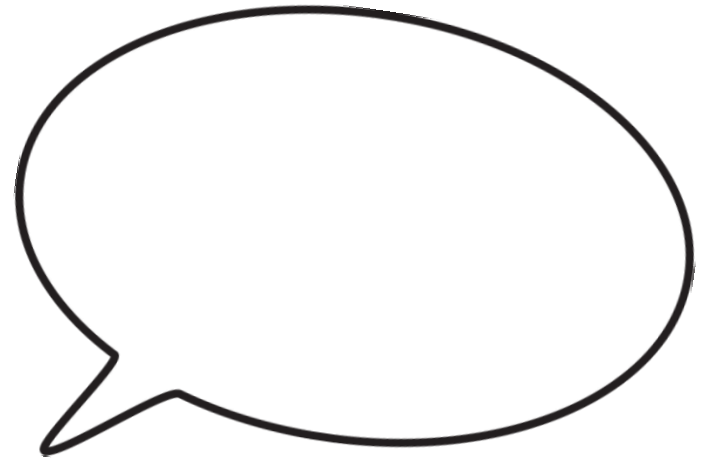
# Discovering Me



# Understanding My Learning Style

## 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.”



# Understanding My Learning Style



**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?*

# Understanding My Learning Style



**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

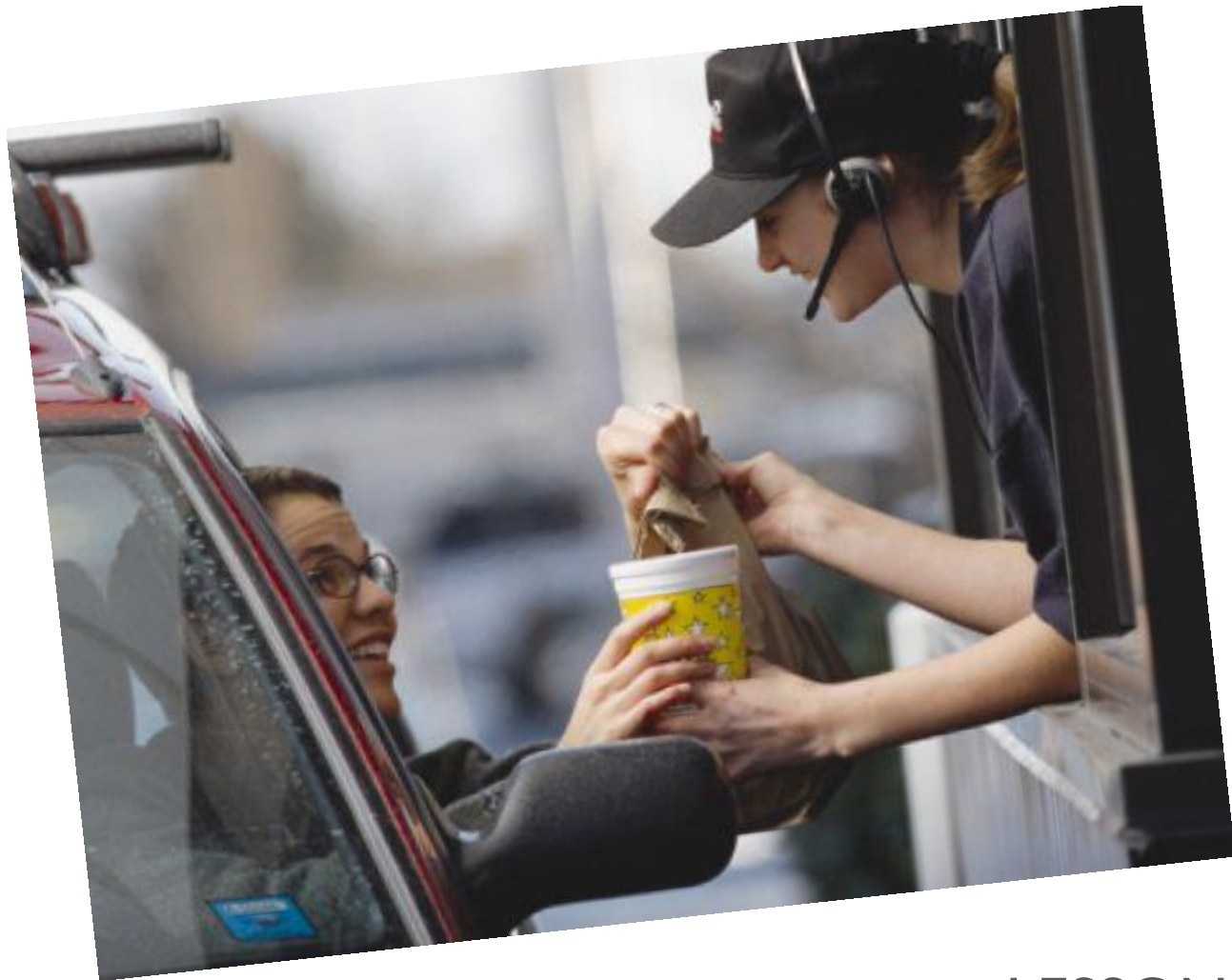




# My Ideal Job

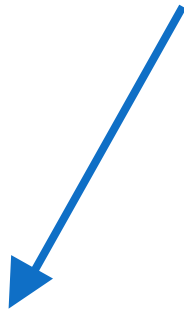


# My Ideal Job



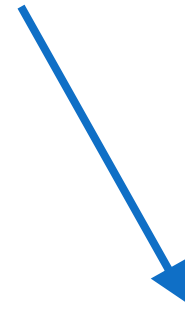
# My Ideal Job

## 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

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



# Self-Advocacy

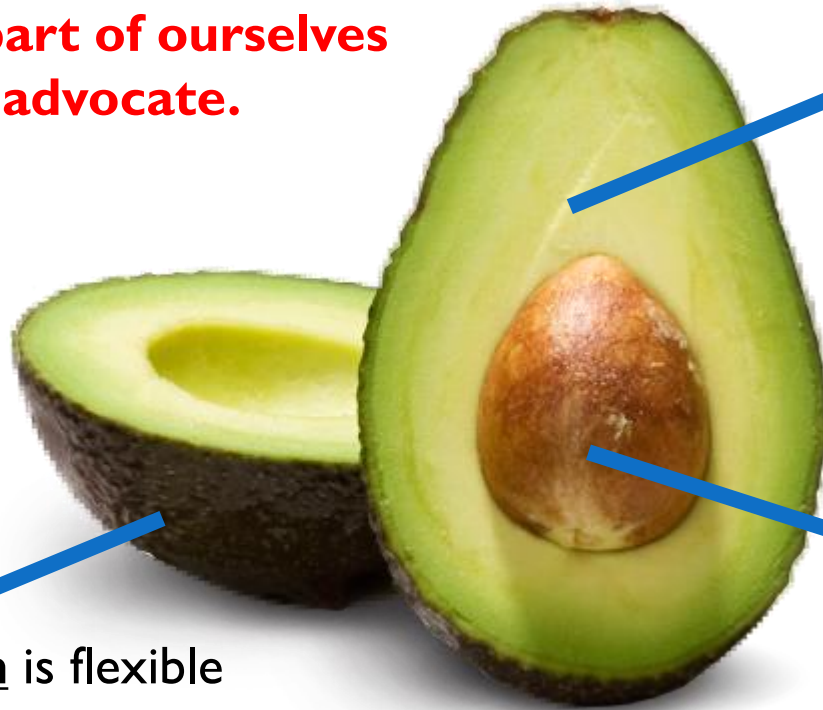
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# Self-Advocacy

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

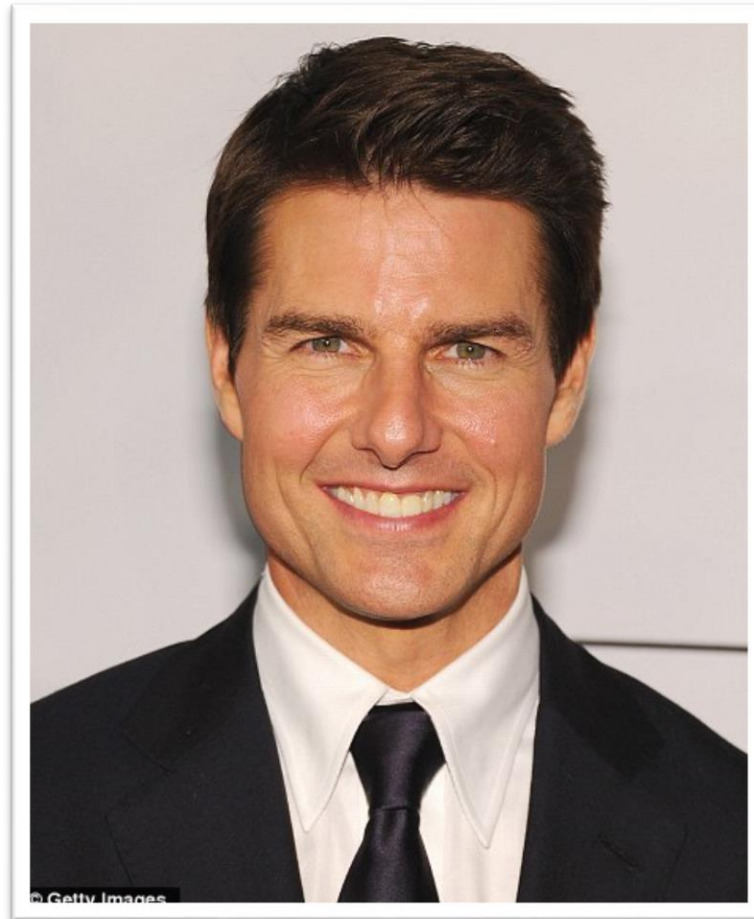


The **outer skin** is flexible and protects the avocado.

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

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

# 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

Completely  
Like Me



Somewhat  
Like Me



Not  
Like Me

walking  
around town

# Making Informed Choices

Completely  
Like Me



Somewhat  
Like Me



Not  
Like Me

working with my  
hands

# Making Informed Choices

Completely  
Like Me



Somewhat  
Like Me



Not  
Like Me

drawing or  
painting



# Making Informed Choices

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

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

Completely  
Like Me



Somewhat  
Like Me



Not  
Like Me

lifting things

# Making Informed Choices

Completely  
Like Me



Somewhat  
Like Me



Not  
Like Me

riding in a car

# Making Informed Choices

Completely — — Somewhat — — Not  
Like Me Like Me 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

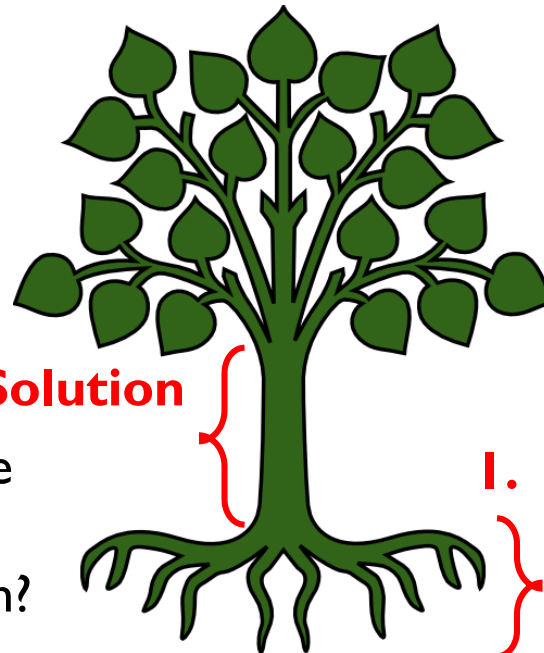


# Problem Solving

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

## 2. Steps to **SUPPORT** a Solution

What can I do to solve the problem?  
What will help the situation?



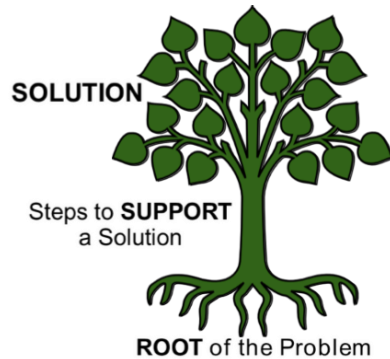
## 3. **SOLUTION**

How did the problem get solved?

## 1. **ROOT** of the Problem

What's the real issue?  
What is causing the problem?

# 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.