

**Time-Ordered Agenda for
Building Self-Advocacy and Self-Determination Skills in Children and Teens**

Instructor: Lori Benson Adams, MEd

Time (minutes)	OT-Specific Content to be Covered	Instructional Methodologies (e.g., lecture, case study, discussion, demonstration)
20	Review of objectives, defining advocacy, review of research	Discussion, lecture
20	Strategies for strengthening “know yourself” stage of development	Discussion, lecture, examples
20	Strategies for strengthening “know what you need” stage of development	Discussion, lecture, examples
20	Strategies for strengthening “know how to get your needs met” stage of development	Discussion, lecture, examples
10	Review of resources for continued learning, Q&A	Discussion
90	TOTAL RUN TIME	