



Prepared by: S. Popejoy  
Reviewed by: J. Ross  
Reviewed by: P. Bench  
Date reviewed: February 23, 2009  
Board approved: March 12, 2009

Independent Living Skills (ILS) 0011 Personal Advocacy Level 2 (0 Units)

Prerequisite: Successful completion in Independent Living Skills 0010

Prerequisite knowledge and skills: Before entering the course the student should be able to

1. explain basic rights and responsibilities of adults with developmental disabilities,
2. provide examples of self-advocacy,
3. explain societal perspectives regarding persons with disabilities and how they have changed,
4. identify leaders of the civil rights era and their approach to advocacy,
5. explain the key components of the Lanterman Act,
6. complete a voter registration form and vote , and
7. prepare for an Individual Program Plan (IPP) meeting.

Total Hours: 16 hours lecture

Catalog Description: This course focuses on developing critical thinking skills. Awareness of how self-determination enhances lives is covered. The importance of setting personal goals and how to establish short and long term goals for themselves is taught as well as the ability to utilize a basic problem solving process and address situations that occur in everyday lives. Discussions of the importance of sound decision-making and negotiation processes are explored.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

National Research & Training Center on Psychiatric Disability. *Assessing Self-Determination in Your Life*. Chicago, IL: University of Illinois, Chicago, 2004. Print.

Braham, Barbara. *Decision Making-Problem Solving*. Mason, OH: Thomson South-Western, 1993. Print.  
Advocates for Youth. *Life Planning Education: A Youth Development Program*. Washington D.C.: AFY, 1995. Print.

Course Objectives:

By the end of the course, a successful student will be able to

1. explain how self-determination enhances his/her quality of life,
2. establish short and long-term goals,
3. utilize a basic problem-solving process and transfer skills to everyday life,
4. utilize a basic decision-making process and transfer skills everyday life, and
5. utilize a basic negotiation process and transfer skills to everyday life.

Course Scope, Content, and Student Learning Outcomes:

Unit I Empowerment and Self Direction

Learning Outcomes	Assessment
Understand and utilize:	
A. Self determination skills	In class exercises, homework, exams
B. Setting goals	In class exercises, homework, exams

Unit II Critical Thinking Skills

C. Problem-Solving Skills	In class exercises, homework, exams
D. Decision-Making techniques	In class exercises, homework, exams
E. Negotiation Skills	In class exercises, homework, exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 2 hours per week outside of their regular class time doing the following:

1. Studying
2. Completing homework exercises

Methods of Instruction:

1. Assigned exercises from textbook/workbook
2. Lecture
3. Group work
4. Discussion
5. Individual conference
6. Role play

Methods of Evaluation:

1. Class participation
2. Written homework
3. Quizzes
4. Oral evaluations
5. Exams