

**CUYAMACA COLLEGE**  
**COURSE OUTLINE OF RECORD**

**Personal Development – Success Services 081 – Self-Advocacy**

1 hour lecture, 1 unit

**Catalog Description**

Designed for students who want to learn more about self-advocacy. Involves prescriptive instruction emphasizing personal empowerment, support systems, understanding one's strengths, and legal and ethical issues including awareness of disabilities. *May be repeated for a maximum of 4 units.* **Pass/No Pass only. Non-degree applicable.**

**Prerequisite**

None

**Course Content**

Various strategies will be introduced and implemented. Topics may include:

- 1) Personal empowerment and understanding your strengths
- 2) Education regarding the term "disability"
- 3) Identifying support systems
- 4) Self-acceptance (self-esteem) and self-reliance
- 5) Relationships and disability
- 6) Legal and ethical issues regarding disabilities
- 7) Understanding your disability
- 8) The power of language
- 9) Overcoming discrimination

**Course Objectives**

Students will be able to:

- 1) Apply various techniques to identify individual strengths and needs as related to their disability limitations.
- 2) Apply individual compensatory skills for internal and external self-acceptance and self-reliance.
- 3) Identify campus and community support systems that are available and explain how they can be a source for integration, empowerment, relationships, and advocacy.
- 4) Identify and describe disability-related legal and ethical issues.
- 5) Apply the use of language strategies learned in class to advocate for educational needs in their educational environment, work place, social, and familial situations.
- 6) Model strategies to overcome discrimination regarding disability-related issues.

**Method of Evaluation**

A grading system will be established by the instructor and implemented uniformly. Grades will be based on demonstrated proficiency in the subject matter determined by multiple measurements for evaluation, one of which must be essay exams, skills demonstration or, where appropriate, the symbol system.

- 1) Written and oral quizzes that measure students' ability to identify and demonstrate self-advocacy and personal empowerment skills.
- 2) Individual and group interactive exercises that measure students' ability to apply language, self-acceptance, self-reliance, and how to establish and maintain a support system.

- 3) In-class participation in which students demonstrate their ability to identify and implement appropriate self-advocacy strategies, increase their awareness of various disabilities, and learn to overcome discrimination.

**Special Materials Required of Student**

Consistent access to the internet

**Minimum Instructional Facilities**

Smart classroom and computer lab

**Method of Instruction**

A variety of techniques will be presented and implemented based on individual student and class needs, to include:

- 1) Lecture, discussion, demonstrations, in-class interactive exercises, modeling and role playing
- 2) Individual and group assignments

**Out-of-Class Assignments**

- 1) Completion of in-class assignments and/or activities in which more time is needed, such as reading or writing assignments
- 2) Extended activity and research assignments

**Texts and References**

- 1) Required (representative example): Downing, Skip and Brennan, Jonathan. *On Course: Strategies for Success in College, Career, and Life*. 10E, Cengage, 2025.
- 2) Supplemental: None

**Student Learning Outcomes**

Upon successful completion of this course, students will be able to:

- 1) Develop self-awareness and self-empowerment as related to their strengths and personal disability.
- 2) Identify appropriate resources to meet students' specific needs.
- 3) Demonstrate appropriate self-advocacy skills through the use of written and oral language communication techniques.