

What is Self-Determination ?

Taking Charge of Your Life

- Make things happen
- Let others know who you are, what works for you, and what you need
- Know what you want and how to get it
- Set goals and work to reach your goals
- Speak up for yourself
- Make decisions

"Nothing about me without me"

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Take Charge Course Sessions

1 - Saturday, March 12, 2016	"Get a Life"
2 - Saturday, April 9, 2016	"Speak Up for Yourself"
3 - Saturday, May 14, 2016	"Get a Job"
4 - Saturday, June 11, 2016	"Get Connected"
5 - Saturday, August 13, 2016	"Move On to Life!"

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Take Charge Sessions at a Glance...

Course Goals

- Gain knowledge and increase your confidence in communicating what you need to have a good life.
- Use your knowledge, advocacy skills and planning tools to work toward your employment and independent living goals.
- Become self-determined to reach success in your life.

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Take Charge...Whose voice is it, anyway?

Youth	Mentors
Your first job is... <ul style="list-style-type: none"> • Speak up! • Participate • Ask questions • Take action • Dare to dream! • Take charge! 	Your first job is.... <ul style="list-style-type: none"> • Be quiet and listen • Take notes • Write questions for later • Dare to dream! • Redirect, so your youth can take charge

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During Session 1, You Will...

1. Learn about the purpose, goals and activities of Take Charge.
2. Get to know the other participants.
3. Tour The Independence Center.
4. Identify and talk about your strengths and interests.
5. Start a Take Charge poster and a relationship map.
6. Make an action plan for the next step(s) you will take (your homework).

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Take Charge – Session 1

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Take Charge – Session 2

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Take Charge – Session 3

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Take Charge – Session 4

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Session 5 Graduation & Next Steps

By August 13, 2017.....

1. Calise will
2. exercise her wings freely
3. graduate

By August 13, 2017.....

1. I will have my driver's license
2. I will have passed this class
3. I will have some money saved for a car

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Session 5 Graduation & Next Steps

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Take Charge Activities

- Speakers who are self-advocates
- Consulting sessions with college, employment and independent living experts
- Interactive and hands-on activities
- Portfolio, business card, and video resume development
- Videos with discussion
- Separate sessions for youth and for mentors



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Meet the Experts Ticket

Scott Kupferman, UCCS	Sunny Lane, DVR	Cathy Cimino, PP Workforce Center
I learned:	I learned:	I learned:
Expert's Signature:	Expert's Signature:	Expert's Signature:



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Workstation Ticket

Workstation 1 – Career One-Stop	Workstation 2 – Connecting Colorado
I learned	I learned
Facilitator:	Facilitator:
Workstation 3 – Resume	Workstation 4 – Business Card
I learned	I learned
Facilitator:	Facilitator:



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Workstation 3 Resumes and Letters of Recommendation

DAN JENNINGS
 Youth & Family Services, Denver Public Schools
 e-mail: djennings@denver.k12.co.us

OBJECTIVE: To obtain employment in the information services industry.

EDUCATION: Denver High School, Denver, Colorado, June 2004

EXPERIENCE: Lead Service Worker, Denver Public Schools, February 2004 - Present

SKILLS: Excellent customer service skills, strong communication skills, and ability to work in a fast-paced environment.

REFERENCES: Denver Public Schools, Denver, Colorado, June 2004



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Dear _____,

I am putting my portfolio together to use to introduce myself to people, businesses, and community people. I want to use it to get jobs, pursue a career, find new opportunities to learn, and do things I am good at and like to do like volunteering, making friends, and taking classes.

Will you please write a Letter of Recommendation about me I can put into my portfolio?

To help you get started on your letter, here are some things I believe I am good at:

-
-
-

Here are things I am most interested in doing:

-
-
-

I really want to put letters in my portfolio from people who know me and appreciate me. I hope you will write a letter.

Please return your letter to me by _____ if possible.

Sincerely,

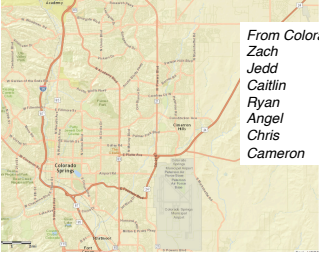
Workstation 4 – Design a Business Card



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Map the Community



From Colorado Springs:
Zach
Jedd
Caitlin
Ryan
Angel
Chris
Cameron

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Build Your Portfolio

1. Cover letter
2. Resume
3. Letters of recommendation
4. Certificates and special recognition
5. Business card
6. CD and thumb drive


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Action Steps for College, Career & Job

I will:	Who will help:	Check off when done:
1.		
2.		
3.		

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Ian Watlington



Tales of Self-Advocacy and Lessons Learned

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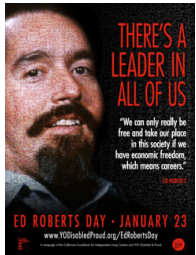
Disability Rights and Advocacy



Patricia Yeager
Executive Director
The Independence Center

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Ed Roberts



There's a leader in all of us.
"We can only really be free and take our place in this society if we have economic freedom, which means careers."
ED ROBERTS DAY - JANUARY 23
www.100disabled.org/EdRobertsDay

<https://www.youtube.com/watch?v=E1n379TcS-U>

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Dare to Dream



<https://www.youtube.com/watch?v=HbOxNvuwbao>

In one or two words,
What did LeDerick's video make you think about?

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Video: Jonathan Mooney on Lessons Learned



<https://www.youtube.com/watch?v=8LTatg-lm4>

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Ryan – Video Resume



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Ryan

Interests	Strengths	What I do well at	What I want to do	My Goals for August 13, 2017, what have I accomplished?	My Vision / Goals
<ul style="list-style-type: none"> I like to read I like to write I like to draw I like to play I like to dance I like to sing I like to play sports I like to be a leader I like to be a team player I like to be a good friend I like to be a good student I like to be a good worker I like to be a good citizen I like to be a good person 	<ul style="list-style-type: none"> I am a happy person I am kind I am a good listener I am a good worker I am a good student I am a good friend I am a good citizen I am a good person 	<ul style="list-style-type: none"> Music writing Drawing art Chess and board games Work hard Work hard 	<ul style="list-style-type: none"> Be a good person Be a good student Be a good worker Be a good friend Be a good citizen Be a good person 	<ul style="list-style-type: none"> Be happy Be needed Be in charge Be responsible Be valuable 	

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Shift

Graduation!

Congratulations
on a Job Well Done!

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One Year Goals after Take Charge

By August 13, 2017.....

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