

Real Vs Fantasy Goals



Choosing a career is never easy. No matter who you are, the steps for choosing a career, setting goals and self-advocating are always the same. However, if you are a young adult with a learning disability, this process can seem very overwhelming.

For the young adult with a learning disability, career choices must be made realistically, that means based on what you can do, what you enjoy and what your disability may hinder you from doing easily.



To accomplish this you must be aware of your individual learning styles and compensatory measures that will facilitate the “doing” of your job. In order to be successful at achieving your goals, you must learn to differentiate the real from the fantasy.

Suggested Activity:

*You may want to obtain a copy of the **Learning Styles Inventory**, which will help you find out how you best learn new material.*

Your Turn

*From following list of occupations,
provide two related fields that may
require a different or modified level of training.*

- 1.) Accountant - _____
- 2.) Pilot - _____
- 3.) Scientist - _____
- 4.) Professional Basketball
Player - _____
- 5.) Doctor - _____
- 6.) Lawyer - _____
- 7.) Fashion
Designer - _____
- 8.) Nurse - _____
- 9.) Musician - _____
- 10.) Model - _____

Developing realistic goals requires an honest assessment of what you can and cannot do. There are times when you may have to modify your goals to suit your personal profile. When you are realistic, your chances of success and personal fulfillment increase drastically.



Effective Self-Advocacy

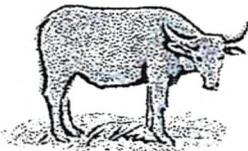


The manner in which you approach someone is **tantamount** to becoming an **effective** self-advocate. There are three main approaches we can take when we need help.

1. **Passive** – Not an active participant; Being acted upon.
2. **Aggressive** – Exhibiting aggression or hostility.
3. **Assertive** – Showing a confident manner of self-expression.



A *Passive* person will not ask for what they need. This type of person may be too shy or embarrassed to ask for help when they need it. The *passive* person will remain quiet, complain in private or withdraw from an activity, program or employment situation without trying to correct the problem. A *passive* person will probably not find success because they will not seek out the help or request an accommodation that they need in order to be successful.



An *Aggressive* person will demand what they need. This type of person is 'pushy' and **overbearing**. An *aggressive* person tends to be unreasonable, stubborn and annoying. It is important to distinguish between *an aggressive person* and an angry or hostile person. An angry or hostile person may yell or behave in an angry and hostile way; for example, slamming doors, pointing fingers, banging

desks, pushing chairs, etc. Whereas, an *aggressive person* is someone who “wants-what-they-want-when-they-want-it”, sometimes regardless of the situation. They are difficult to negotiate with and usually will not easily compromise.



An *Assertive* person will confidently ask for what they need. This type of person is an effective self-advocate. They are calm, pleasant, courteous, patient, polite, and thoughtful of what they say. They can express themselves clearly and are more easily understood. An *assertive person* will listen to others and is willing to negotiate and compromise. An *assertive person* will ask a question, seek out information and move from a position of knowledge, or a position of strength, in order to get what they need or want.

An effective self-advocate is not passive. And, an effective self-advocate is not aggressive. This does not mean that an effective self-advocate does not get angry or complain in private. What it does mean is that they control their anger so that they can *communicate* their needs and wants more effectively and more clearly to others. Effective communication increases their chances of being listened to and of getting what they need or want, rather than ‘suffer in silence’.



To become effective self-advocates, you must learn how to distinguish between being passive, assertive and aggressive.



Think About It



What is a 'Position of Knowledge'?

Your Turn

Read the following scenarios below.

Indicate whether the speakers are

Assertive, Aggressive or Passive.

1. Jose got a poor final grade in his English course. He went to discuss it with his teacher, but he got nervous and just left the room. _____
2. On, Monday, Akane called in to request a course change. The person told her to call back on Thursday. Sandy demanded that the course be changed today because she wanted to go to the beach on Thursday.

3. Julie complains that she can't find a job. She buys the paper everyday, but leaves it on the table. Her mother takes it to work before Julie can read it. _____
4. Bryann needs some help in math. He made an appointment with the math teacher to discuss his tutoring needs. He showed up on time and explained the nature of his problem. _____
5. Cory want to buy some new clothes. He borrowed money from some of his friends to catch a sale. When his friend asked for the money back,

Cory started yelling that he just wasn't making enough money to pay him back today and that he would have to wait until his next pay.

- _____
6. Desmond wanted to ask Teisha for a date. When he approached her, he noticed she was on the cell phone, so he just walked away. _____
 7. Kelly thought that her friend Jean was telling stories about her. When she saw Jean on the bus reading, she walked over and demanded that she explain why she was spreading stories about her. _____
 8. Micheal wanted to talk to her counselor, so she went to her office and scheduled an appointment. _____
 9. Stuart called the Happy Day Camp regarding a summer job. Since she knows she gets nervous on the phone, she made a list of key points that she wanted to discuss. _____
 10. Jennifer needed a letter from his counselor. She called and left a message, asking for the letter the next day. When her counselor returned the call saying that she could not accommodate her, she hung up the phone. _____



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