

■ Advocacy, SMART Goal, and Time Plan

NAME _____ DATE _____ PERIOD _____

Practice the four-move response

Use one fictional scenario selected by the teacher. You may answer as the fictional person and keep your response private.

Notice — what happened or is unclear: _____

Need — support, clarification, space, or route: _____

Reason — a task, access, or safety reason you can share: _____

Next step — one safe action or trusted adult who can help: _____

Self-advocacy is not self-rescue. If a situation feels unsafe, threatening, harassing, or medically urgent, stop and get a trusted adult right away. You never have to share private health, family, disability, or discipline details for this activity.

Use the frame with the FYF need

Use the fictional mobile farmers' market scenario on FYF pp. 134-135.

One voice or detail that should shape the plan: _____

Notice, Need, Reason, Next step: _____

Build one SMART career-exploration goal

Specific — action I will take: _____

Measurable — count or evidence: _____

Achievable — why it fits my time and access: _____

Relevant — how it helps my next decision: _____

Time-bound — real course checkpoint or date: _____

Final goal: _____

Make time for the goal

ACTION	DAY OR CHECKPOINT	MINUTES I WILL PROTECT	WHERE OR WHEN I WILL DO IT
First step			
Second step			

Likely obstacle: _____

Backup strategy: “If _____, then I will _____.”

Complete frame: “By [deadline], I will [action]. Evidence: [evidence]. Work time: [time]. If [obstacle], I will [backup].”

Private self-check or optional peer feedback

- ☐ The goal names one action and one measure.
- ☐ The deadline is real for this course.
- ☐ The plan includes protected time.
- ☐ The backup strategy is under my control.

One move that is clear: _____

One move to strengthen: _____

Revision I made: _____

Transfer check

Career 1 that uses advocacy: _____ Action: _____

Career 2 that uses advocacy: _____ Action: _____

Language support

advocate = abogar por ti o por otra persona · need = necesidad · reason = razón · next step = próximo paso

goal = meta · deadline = fecha límite · obstacle = obstáculo · backup = alternativa