

BREAKING IT DOWN: SCENARIOS

For each scenario think about the following questions:

1. What is this person asking for?
 2. What information does this person need in order to advocate for themselves effectively? (*People, resources, locations, etc.*)
 3. What seems like the best way for them to ask for what they need?
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SCENARIO ONE

1. Kelly is having a hard time concentrating in school because there's a lot going on at home. She isn't getting much sleep, so she's often tired and distracted in class. She hasn't been hanging out with her friends because she has a hard time pretending that things are okay when she is feeling anxious and stressed. Her grades are suffering because she isn't getting her work done and her teacher is starting to ask about what's going on. Kelly is shy and doesn't like speaking up in class, and prefers one on one interactions. The marking period is coming to a close and Kelly knows she will fail this class if she doesn't effectively advocate for herself.

SCENARIO TWO

2. Josh does pretty well in school and has a lot of friends. He has a good relationship with his teachers. Lately, his grades have been suffering in English because he sits at a table with all of his friends and they are very distracting. He likes being around them because they're funny and fun to sit with, but they make it really hard for him to concentrate on his work in class. He doesn't want to seem lame, but also doesn't want to continue doing poorly in this class.

SCENARIO THREE

3. Carissa worked really hard on a paper and feels pretty good about it. She read the book, spent some quality time on it, and handed it in on time. A few days later, she gets her paper back with a big fat C+ on the cover page. She's not happy, to say the least. Carissa has a very strong personality and doesn't mind saying exactly how she feels, which she is tempted to do in the moment she gets her paper back.