

POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

**PBS Adult Continuing Education**  
at  
**the Charles B. Wang Center**  
on the campus of  
**Stony Brook University**

**Spring 2019:**  
**Self-Advocacy (AS117)**

**Mondays, 10:00 – 11:30 AM**

Class runs January 28 - June 3, 2019



**Class size is limited to 15 students**

**REGISTER TODAY!**

Tuition for the course is \$350.00 for the semester. PBS can receive payment directly from an approved 3rd party payer (FI).

**See reverse side for course description.**

**Visit our website for schedule of classes and detailed registration instructions.**

**Registration: <http://www.positivebehavior.org/adult-education.html>**

**Questions: [AdultEd@PositiveBehavior.org](mailto:AdultEd@PositiveBehavior.org)**

## Self-Advocacy

Self-Advocacy is:

- learning how to speak up for yourself
- making your own decisions about your life
- learning how to get information about things that are of interest to you
- finding out who will support you in your journey
- knowing your rights and responsibilities
- problem solving
- listening and learning
- reaching out to others when you need help and friendship
- learning about self-determination

This course will help students to gain a better self awareness and understanding of wants vs. needs. Using critical thinking, students will learn positive decision making skills. Students will learn what it means to be self-confident and how to communicate effectively.

The course is appropriate for anyone that is interested in self-empowerment or standing up for and defending the rights of oneself and/or others.

## Meet the Instructor



Morgan Barnett is a graduate from Saint Joseph's College with degrees in Psychology and Religious Studies.

She has worked as support for many individuals with developmental disabilities and has been a part of the PBS family since 2016.

She is excited to bring this curriculum to the Adult Continuing Education series on the campus of Stony Brook University.

*PBS Adult Continuing Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students inherently benefit from being engaged in an active college environment.*

Space made possible through a grant from  
Positive Behavior Support Community Foundation