**Module 1 Part 8: Self-disclosing Podcast Reflection**

*This section corresponds with the middle school classroom materials in Module 1 Activity 3.*

[Introduction](#Introduction)

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* Podcast
* Reflection

Introduction

Objective: The student will listen to the LD State of Mind podcast on self-disclosing and discuss with their parent or guardian the aspects of self-disclosing in high school and college.

Estimated time needed: 20-30 minutes

Materials provided:

LD State of Mind Podcast Link

Materials needed:

Internet access

LD State of Mind Podcast – Self-disclosure in College



Learn About It

Self-disclosure is a process in which a person reveals or communicates information about him/her self to another person. In this case, the information disclosed is about ones learning style and/or learning difference. Students may wish to talk to a parent, teacher, counselor, or other learning ally about how they learn in regard to being successful in the academic setting.

Listen to the podcast from Patrick, Joy, Jonathan, and Emily on their experiences with self-disclosing in college and think about how you might self-disclose in high school. Discuss with your parent or guardian using the reflection questions below.

Parents Chime In

Talk with your child about experiences or challenges you have had with self-disclosing information to others. It can sometimes feel uncomfortable or awkward for students to have to talk (excluding parents/guardians) about how they learn and what they need to learn best. Explain to them that it is okay to feel this way in the beginning, that with practice it will become easier to talk to others about their learning differences.

Reflection Questions

* What stood out to you most about the experiences Patrick, Joy, Jonathan, and Emily described? What was your take-away from their discussion?
* On a scale of 1 – 10, how comfortable are you with sharing information about your learning profile with teachers? With peers?
* What is your worst fear when it comes to telling others about how you learn?
* What are you most confident about when it comes to telling others about how you learn?
* What are your questions about self-disclosing information about your learning profile?

Have you accomplished today’s objective?

Objective: The student will listen to the LD State of Mind podcast on self-disclosing and discuss with their parent or guardian the aspects of self-disclosing in high school and college.

*If so, congratulations!*

*If not, review this lesson and if needed re-listen to the podcast. Discuss with your parent or guardian some of the questions you may have regarding self-disclosure.*

You cannot underestimate the power of being an advocate for yourself. If you can clearly and respectfully speak to your strengths and weaknesses as well as be aware of what is and isn’t working for you in a classroom, teachers and administrators will listen to you. Self-advocacy is ongoing and proactive, and it occurs in the day-to-day decisions you make during your learning routines and classroom interactions. Before we go to the next step in this process, take a minute to review again what self-advocacy is and what it isn’t!