**Self-Advocacy Activity: One Page Profiles Transcript**

**Introduction:** Welcome to our activity on One-Page Profiles. Take a moment to ask yourself: What makes me unique? What is important to me? What do I need to be successful? You are probably thinking, these are interesting questions and would be good questions for students to answer.

[B-Roll video footage begins playing of a student filling out a one-page profile on paper.]

Let’s take it one step further, have you thought about how you would share this information with colleagues or employers? How could you create a project for the students to explore these questions too? Let’s take a look at a project you might want to consider having students create.

**Self-Advocacy Tool:** A one-page profile is a valuable self-advocacy tool that allows students to confidently communicate who they are and what they value in a concise, concrete manner. These profiles provide an at-a-glance summary of a student's strengths, skills, interests, preferences, needs, and preferred learning style. One-page profiles are written in a positive voice and encourage students to focus on and emphasize what makes them unique.

**One-Page Profiles:** Similar to resumes, one-page profiles can include information on work experience, work-related skills, and education. They serve as a resource for employers, providers, teachers, and other individuals involved with the student. One-page profiles:

* help employers learn more about the personal values, and unique needs of an employee
* help providers recognize the best ways to support a student
* And help teachers identify the interests and preferences of a student, and more successfully provide person-centered instruction.

**Profile Format**:

[B-Roll Video footage begins playing. Video cuts to hands typing on a laptop. Video cuts to hands flipping through printed pages of text. Video cuts to two young people with arms around each other. Video cuts to young leader serving on a discussion panel. Video cuts to a student using a communication device.

One-page profiles can be created and shared in a hard-copy or electronic format. Unlike traditional resumes, one-page profiles focus on the likes and dislikes of a student, and profiles include information on what’s important to a student at home, school, and in the community. Although the format can vary, one-page profiles usually include three key categories: The three types are:

* Appreciation: In the appreciation section of the profile, a student can share details about what other people appreciate or admire about them, including their strengths and positive character traits.
* Importance: This section includes information about what is most important to a student, including what they value, what makes them happy, and their interest.
* And support: In the support section, a student can describe the accommodations that help them be successful.

**Headings**: Keep in mind that a one-page profile captures all the vital information about a person on a single page. The categories, appreciation, importance, and support are three simple headings. However, these headings are not required. Students can be creative and design headings in a manner that represents their personalities. For example, headings may be called "how people describe me," "skills I bring to the job," or "supports that help my success." The student can also choose to include a photograph or illustration too. Be sure to check out examples one-page profiles under the supplemental materials tab.

**One-Page Profiles vs. Resume**:

[B-Roll footage begins playing. Video cuts to two students working in the library. Video cuts to student using a computer with instructor support. Video cuts to another student using a laptop with instructor support.]

Some students might already have a resume or might not understand the difference between a one-page profile and a resume. The students need to develop an understanding of the differences and in which situation to use each document. A one-page profile is a less formal document that gives others a snapshot of the person. A resume is usually a more formal document that contains a detailed list of prior experiences and accomplishments. Students may wish to add a few key work experiences to their one-page profile, especially if the student is seeking employment. Remember, all one-page profiles are about the student, so the only rule to follow is that it should be limited to a single page.

**Identifying Information for Profiles**: Let’s look at how students can begin to gather personal information to create profiles. It is a good idea to start with having the students complete self-assessments and work in small groups. In the classroom, students can discuss questions like: “What do your friends say they admire about you?” “What makes you happy at school and in the community?” “What unique skills do you have?” By participating in structured conversations, receiving positive peer feedback, and self-reflecting, students are better able to identify personal information to include on their profiles.

**Including Parents and Teachers**: Who else might have valuable information about a student? Useful information for a profile can be provided by parents and teachers too. Parents might know their son or daughter's unique strengths and preferences outside the school setting; therefore, it’s important to include parents. Likewise, teachers might be able to share information on a student’s strengths and preferences in the classroom setting. You can gather information from parents and teachers by—

* asking them to complete a questionnaire about the student (for example, include questions asking what makes the student happy or what are their interests
* facilitate one-on-one conversations.
* request parents and teachers to create a list of strategies or support that they find successful for helping the student.

By gathering information from the prospective students, parents, and teachers, one-page profiles are more likely to paint a clearer picture of the individual.

**Editing**: The students have created a one-page profile, what is the next step? To ensure you have a great profile page, you need to edit the student's profile for clarity. Be careful about using generic words like regularly, frequently, and when needed. For example, saying, "I need to take a break regularly, is less specific than, I need to take one break in the morning and one in the afternoon.” Review the profile to ensure it's as concise and specific as possible. Keep in mind that one-page profiles are living documents, meaning they should be updated and kept current. Let’s listen to a student talking about how he created his one-page profile.

[B-Roll video footage of Andre holding up his 1-page profile begins playing]

One-page profiles capture all of the important information about a person on a single page. The idea of a one-page profile is that any person can pick it up and quickly have an overview of the student’s skills and support so it will help them be successful.

[Text on screen reads: Building a One Page Profile]

Andre Carter, Student: “My name is Andre Carter, I’m a sophomore. I created my one-page profile by, we had a class on it to make ‘and they wanted us to put our strengths on it, basically, put our information of, hey, where do you live? Where do you work currently? Where have you volunteered? What are you interested in working toward? They helped me design it. I like the overall color of it. I like how the font is on it, and I like my skills of what I’m actually good at on it, so it shows, like, hey this suits me, this benefits me. I shared my profile with industries we toured and volunteer places we visited and multiple other places.”

[Text on screen reads: One Page Profiles are a tool for self-advocacy]

Andre: “I used my profile in my last internship. I tell them when they ask me that this shows what I’m good at, this explains me as a whole in a working environment, or in a volunteering type of environment. I used the supportive part of my profile to show insight on how to work further into the job I’m leading up to.”

[Text on screen reads: One Page Profiles are a collaborative process]

Andre: “I share it with classmates and other students who need help developing theirs, so they can get a idea of, okay, I need to put this on there, okay, I need to make it look like this, okay, I need it set up just like this. The hardest part is the set up. I had to put creativity into it, but also, I had to put business information on one side. What I’m creative at at the other side, how do I explain my difficulties and weaknesses to an employer at the bottom? How do I show them my strengths right underneath that?

One-page profiles are a way for students to have a choice in how they are supported and to have their strengths acknowledged and appreciated.

**Advocating**: Andre shared with us that his one-page profile is an excellent tool for advocating in the workplace, classroom, and community. We hope your students will feel the same way about the one-page profiles they create.

**Leadership Opportunities:** When completing self-advocacy activities such as a one-page profile, it is important to provide students with multiple opportunities to take on leadership roles. This will help them to build confidence with problem-solving, communication, and collaboration. After students have created their one-page profiles, they should be responsible for sharing and reviewing with teachers, employers, coaches, or other supervisors.

Students can demonstrate leadership by creating a plan for how they will use their one-page profiles. The students may decide to tailor the profile according to who they are sharing it with. They may want to come up with an elevator pitch for when they hand off their profile. Schedule some time to regularly meet with the student so that they can self-reflect on what leadership skills they have demonstrated

**Conclusion:** We hope you enjoyed this activity on one-page profiles. Discover additional activities and supplemental materials found in our self-advocacy course.