



**CRAIG SELINGER, M.S., CCC-SLP**  
CEO, THEMBA TUTORS  
M.S., LICENSED LANGUAGE  
PATHOLOGIST



Craig Selinger is a licensed speech-language pathologist with a Master of Science degree in Communicative Disorders. He has undergone extensive education and training to help individuals of all ages improve their speech and communication skills.

As CEO of Themba Tutors, Craig Selinger has also proven his leadership and business skills, ensuring that his company provides high-quality tutoring and coaching services to their clients.

Craig Selinger is an excellent choice if you're looking for a highly qualified and experienced speech-language pathologist. His unique combination of clinical expertise and business acumen make him a valuable asset to clients seeking to improve their communication skills.

**Self-advocacy is the ability to communicate what your needs are. Advocating for yourself involves understanding your needs and actively expressing them to see that they are met.**

Ben L. Yost, LCSW-R, is highly qualified and experienced licensed clinical social worker and Psychotherapist. With more than ten years as a school counselor, he supported students in fostering self-advocacy and other social-emotional goals. Currently, he is in private practice, working with individuals, families, and groups and presenting to schools and institutions. His experiences make him an excellent choice for anyone seeking support in their mental health and well-being.

Ben specializes in working with individuals with ADHD, Autism, Anxiety, Learning Disabilities, Life Transitions, Executive Functioning, School Issues, and Self-Esteem. With his vast knowledge and experience, he can provide a variety of clinical services tailored to meet each client's unique needs.



**BEN L. YOST, LCSW-R**  
LICENCED CLINICAL SOCIAL  
WORKER AND PSYCHOTHERAPIST



# Middle School Presentation: Focusing on Self-Advocacy



## Presentation Overview:



Introduction to the importance of self-advocacy in the middle school years.



Understanding self-advocacy: definition, skills, and benefits.



Creating a safe and inclusive classroom environment for self-advocacy.



Cultivating self-awareness and self-reflection in students.



Developing practical communication skills for self-advocacy.



Encouraging responsibility and independence in students.



Providing guidance and support while promoting independence.



Celebrating student success in self-advocacy.



Interactive activities and discussions to reinforce concepts.

## 4 KEY ELEMENTS



**1** Know your strengths.



**2** Be aware of your challenges.



**3** Identify strategies to overcome those weaknesses.



**4** Effectively communicate those needs to others.

Individuals who possess the ability to advocate for themselves are more inclined to achieve success in their educational pursuits, professional endeavors, and overall life experiences. Acquiring the necessary skills for college during high school, as opposed to postponing until one reaches the college campus, will be a softer landing for the incoming freshman. Approaching college with a sense of assurance and preparedness to confront obstacles can make the difference between success and failure.

### Example:

Suppose you are a student who finds it difficult to concentrate amid distractions. You happen to sit next to a classmate who frequently whispers jokes or makes noise.

Being assertive and aware of your needs, you recognize that staying focused in class will be challenging, especially with these additional distractions.

You discreetly communicate your concern to the teacher and inquire if you can move to another part of the room to help alleviate this issue.

**REGISTER NOW!**