

## Tate Joseph – Graduation Speech

Hi I'm Tate Joseph, I was born May 22<sup>nd</sup> 1997 and I'm 25 years old. For me, learning new things has been tricky and I had trouble controlling my behavior, but when Sydney became my instructor, she taught me how to handle my emotions better than I used to using coping skills and important life skills at Easter Seals. Dan started coming in to teach me Tai Chi. He showed me how to breathe correctly, different exercises and how it can improve your emotions. Being able to learn and grow as a person from Sydney and Dan as well as my peers has been really helpful and exciting. Some of the things that we did together has been playing a Budget Board Game which we had fun doing. I also had a great time becoming confident in my self-advocacy skills. I was able to speak up for myself when I needed things. I'm glad to have met Dan and Sydney. I learned a lot of cool things here at Easter seals. I learned about writing a great speech, and a personal narrative where I was able to share my life story. I really enjoyed building my own resume as well, while it still needs work, I now have the skills to continue working on it. I recently learned how to take the public bus to and from Easter Seals. It was a little confusing at first, but with Sydney's help, I'm able to feel confident taking the bus on my own, and it's fun now! One thing I really appreciate about Dan and Sydney, was when they gave me my award for "Participant of the Year". It made me feel excited, grateful, and accomplished. I'm so lucky for all that I learned in this class. I cannot wait to have the opportunity to come back as the official assistant teacher where I can help others become more independent as well. Thank you to Sydney, Dan, my team, and my family for all your help! Have a good time!