

# How to Start Your School Year on the Right Foot

## Self-Awareness and Self-Determination

- Video: What is self-awareness and 5 reasons it's important: <https://www.youtube.com/watch?v=k-J2Tcqhde0>
- For more information on self-determination, visit our website: <https://www.michiganallianceforfamilies.org/self-determination/>
- SPIN Activity: <https://www.imdetermined.org/resource/one-pager/>

## What's an IEP and what is in mine?

- For more information on the parts of the IEP, visit our website: <https://www.imdetermined.org/resource/one-pager/>
- For information on the transition IEP: <https://www.michiganallianceforfamilies.org/transition-iep/>

## How do I ask for what I need?

- Good Day Plan: <https://www.imdetermined.org/resource/good-day-plan/>
- For more information on self-advocacy, visit our website: <https://www.michiganallianceforfamilies.org/self-advocacy/>

## How can I have a better start to my school year?

- Student Snapshot: <https://www.pacer.org/parent/php/php-c160.pdf>
- Transition-Age Student Snapshot: <https://www.pacer.org/parent/php/PHP-a56.pdf>