



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Session 1: Self Awareness and Self-Efficacy Components of Self-Determination

Name: _____ Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities for Session 1.

1. We will plan to discuss the home activities from Session 1 at Session 2.

Done	Activity
	1. Complete the I'm Determined Self-Determination Checklist Student Self-Assessment <ul style="list-style-type: none"> Pick 2 things you scored a "1" on (rarely or never) or "2" (sometimes) and would like to work on
	1. Download the One-Pager Template (for SPIN-Strengths, Preferences, Interests, Needs) <ul style="list-style-type: none"> For additional information: Go to the I'm Determined One Pager site on the One Pager, an overview video, and information and videos on each of the SPIN areas, and how to use the One Pager Available Implementation Guide for the One Pager if needed (provides examples and guidance on completing the One Pager) Additional Resource: access the One Pager Web App: interactive web-based application which aligns with the I'm Determined website resources. The student will need to create a login 2. Fill out the SPIN One Pager with your at least 2 strengths, 2 preferences, 2 interests, and 2 needs. <ul style="list-style-type: none"> Use SPIN Example List for ideas Use the I'm Determined Self-Determination Checklist Student Self-Assessment to help with areas you scored "1" or "2" on and want to work on Use the I'm Determined Self-Determination Checklist Student Self-Assessment to help with areas you scored "3" are think you are strong in and you almost always or most of the time do Add items in your SPIN for home, school, and in the community Ask your parents or other trusted person for help if you need it
	3. Share your SPIN information with your parents and your IEP team <ul style="list-style-type: none"> Review and update your SPIN activities for school, home, work, and community goals