

## Self-Determination Overview, Self-Awareness, and Self-Efficacy

Stacie Rulison, Facilitator




---

---

---

---

---

---

---

## Welcome & Introductions

Your Name: and something you like starting with  
the first letter of your first name



Town You Live In



Today's Question: would you rather be invisible or  
be able to fly?




---

---

---

---

---

---

---

## Ground Rules



Cameras on when possible



Use chat or raise hand to talk (Zoom or actual hand)



Listen to better understand



Ask questions




---

---

---

---

---

---

---

## What We Will Do Today

- Talk about self-determination, self-awareness and self-confidence (also called self-efficacy)
- Answer questions in chat
- Watch one or more videos
- Get practice activities to do before next time




---

---

---

---

---

---

---

## Self-Determination

### Self-determination means:

- A. Being in control of my parents and their decisions
- B. Being in control of me and my decisions**
- C. Being in control of my teachers and what they assign me

*(Put A, B, or C for your answer in the chat)*




---

---

---

---

---

---

---

## Self-Determination



Knowing what I need to be in control of **ME** and the decisions **I** make!




---

---

---

---

---

---

---

## Self-Determination

Knowing what **I** want in the future and how to plan for it to happen



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

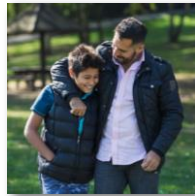
---

---

---

## Self-Determination

Knowing what **I** need for support to take control of my life



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Determination

### Everywhere!

- Home
- School
- Work
- Healthcare
- Community
- Relationships



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---




---

---

---

---

---

---

---

**Areas of Self-Determination**

- Session 1: Self-Awareness
- Session 1: Self-Confidence (Self-Efficacy)
- Session 2: Self-Advocacy
- Session 2: Self-Regulation
- Session 3: Making Choices and Decisions
- Session 3: Solving Problems
- Session 4: Setting and Reaching Goals
- Session 4: Choosing My Own Future (Internal Locus of Control)

**Today-Session 1:**

- Self-Awareness
- Self-Confidence (Self-Efficacy)

The Michigan Alliance for Families logo is in the bottom right corner.

---

---

---

---

---

---

---




---

---

---

---

---

---

---

## Self-Awareness

Knowing about me and **thinking** about...

- What **I** am feeling
- What interests **me**
- What **my** strengths are
- What **my** disability is
- What supports **I** need
- How **I** learn best
- How **my** disability might make some things harder
- How **my** actions can affect others



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

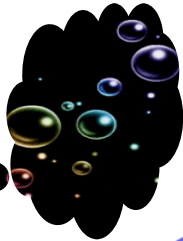
---

---

## Self-Awareness

Our **thoughts** help us  
be more self-aware  
of so much...

Thoughts are like bubbles  
that pop in and out of our  
heads with ideas,  
memories, feelings, and  
actions



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

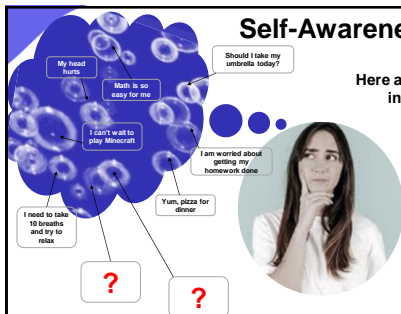
---

---

---

## Self-Awareness

Here are some thoughts popping  
in and out of her head...



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Awareness

Are thoughts mostly about  
(Put A, B, C, or D in chat!)

- A. The past
- B. The present
- C. The future
- D. The past, present, and future



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

## Self-Awareness and Your Thoughts about Your SPIN



SPIN=  
Strengths, Interests, Preferences and Needs

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

## Self-Awareness



You can think about your:

- Strengths
  - What I am good at
- Preferences
  - What helps me do better or be successful
- Interests
  - What I like to do in my free time
- Needs
  - What I need help or support with

We call this our

**SPIN**

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

## Self-Awareness

Practice Activity: SPIN

### Strengths: what I'm good at

- Staying with the routine
- Finishing tasks independently
- Helping with chores
- Organizing my bedroom
- Using the computer
- English class



*What are some of your examples?*



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Awareness

Practice Activity: SPIN

### Preferences: What helps and works for me?

- Being around people vs. being alone
- Warm temperatures vs. cold temperatures
- New situations vs. familiar situations
- Unexpected changes make me have anxiety vs. making me feel calm



*What are some of your examples?*



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Awareness

Practice Activity: SPIN

### Interests: What do I enjoy?

- Being with animals
- Listening to music
- Playing an instrument
- Math
- Watching anime
- Baking cookies



*What are some of your examples?*



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Awareness

Practice Activity: SPIN

TODAY	TO-DO
6:00	
6:30	
7:00	
7:30	
8:00	
8:30	
9:00	
9:30	
10:00	
10:30	
11:00	
11:30	
12:00	
12:30	
1:00	
1:30	
2:00	
2:30	
3:00	
3:30	
4:00	
4:30	
5:00	
5:30	
6:00	

**Needs: what helps me? What supports do I need?**

- To learn to start conversations
- Help getting up on time
- Use a checklist for daily activities
- Quiet time after work

*What are some of your examples?*



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Using our SPIN



- In my Individualized Education Program (IEP) meetings
- At home to do more on my own and take more responsibility
- In the community in becoming more independent

*We will discuss goals for increasing self-determination throughout this series, so you may update your SPIN document during that time*

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Awareness

Match the strength, preference, interest, or need (SPIN) with the example:

- |            |  |
|------------|--|
| Strength   | a. Having a visual helps me stay on task     |
| Preference | b. I like to play soccer                     |
| Interest   | c. I am good at math                         |
| Need       | d. I want to be around people who respect me |

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Confidence (Self-Efficacy)



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

## Self-Confidence



### Believing in Yourself!

How **you** think about and see you!

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

## Self-Confidence

- Thinking about yourself in a positive way
- Thinking you can meet your goals
- Having a positive attitude
- Believing in yourself



Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

## Video on Self-Confidence



1. Watch the video
2. Think of one thing you learned or thought was positive in the video

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Confidence

### How to increase your self confidence

- Write down your strengths, preferences, interests, and needs
- Use positive words about yourself (positive self-talk)
- Focus on your strengths, interests, and abilities
- Think more about what you are good at
- Work on areas of need
- Try new things, even if it's hard
- Think about jobs that may use your strengths and interests
- Work with your parents and IEP team

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Self-Confidence



Remember everyone has things they are good at, and things that are hard and they need to work on!

Michigan Alliance for Families  
Helping Families Thrive

---

---

---

---

---

---

---

---

## Home Activities (Review Next Week)





---

---

---

---

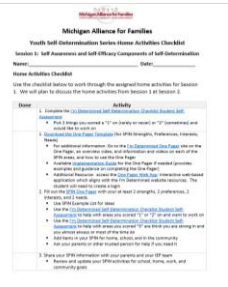
---

---

---


---

## Home Activities Checklist



### Out of Class Activity-1

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions




---

---

---

---


---

---

---


---

## Self-Determination Checklist



### Out of Class Activity-2

- Work with your parents, a peer, or mentor to complete if needed




---

---

---

---


---

---

---

---

### Self-Determination One-Pager


**One-Pager**

Name: \_\_\_\_\_  
Today's Date: \_\_\_\_\_

My Strengths	My Interests
My Preferences	My Needs

**Out of Class Activity-3**

- Written or complete with pictures

Michigan Alliance for Families  
Information, Support, and Advocacy

---

---

---

---

---

---

---

---

### One-Pager Video Overview



**I'M DETERMINED**  
*One Pager Overview*

Michigan Alliance for Families  
Information, Support, and Advocacy

---

---

---

---

---

---

---

---

### Your Actions for Next Week:

1. Review and follow your Home Activities Checklist)
  - a. Complete the **I'm Determined Self-Determination Checklist Student Assessment**
  - b. Complete the **One Pager SPIN** document
  - c. Review Link **Additional Resources** on self-determination, self-awareness, and self-confidence (self-efficacy)

Michigan Alliance for Families  
Information, Support, and Advocacy

---

---

---

---

---

---

---

---

**We are here to support you!**

 @MichiganAllianceForFamilies  
 @mialliance  
 @michiganallianceforfamilies  
 /MichiganAlliance

For more information visit:  
<https://www.michiganallianceforfamilies.org>

Call: 800-552-4821  
 En Español 313-217-1060  
 Statewide Email: [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)





---

---

---

---

---

---

---

---

**Michigan Alliance for Families**

Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education, and Michigan's federal Parent-Training and Information Center (PTIC) funded by U.S. Department of Education, Office of Special Education Programs (OSEP).

[www.michiganallianceforfamilies.org](http://www.michiganallianceforfamilies.org)  
 1-800-552-4821  
[info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)








---

---

---

---

---

---

---

---