


Self-Determination: Decision-Making and Problem-Solving

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Michigan Alliance for Families
Information, support, and education

Welcome Back

Your Name 





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Today's Question: would you rather give up eating sweets or give up eating fast food (like McDonalds) for a year? 



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Ground Rules

-  Cameras on when possible
-  Use chat or raise hand to talk (Zoom or actual hand)
-  Listen to understand
-  Ask questions with the microphone or in chat



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What We Will Do Today

- Review last weeks information and home activities
- Talk about decision-making and problem-solving
- Answer questions in chat
- Watch one or more videos
- Get home practice activities for this week



Self-Determination Topics

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



Today-Session 3:
• Decision-Making
• Problem-Solving



Self-Determination Components





Review

Self-Advocacy means:



- A. Asking my parents to get my needs met
- B. Knowing what I need and how to ask for support to get my needs met
- C. Waiting around to see what happens, and hope it goes well

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

Review-Laws Supporting Self-Advocacy



- What is the federal law protecting people with disabilities from discrimination? *(Hint: it starts with an "A")*
 - **Americans with Disabilities Act (ADA)**
- What is the federal law protecting students in special education, and promoting inclusion? *(Hint: starts with an "I")*
 - **Individuals with Disabilities in Education Act (IDEA)**
- What is the written plan for special education detailing your support needs and goals for the future? *(Hint: it starts with an "I")*
 - **Individualized Education Program (IEP)**

Review-Self-Advocacy Examples

Give an example of how you can self-advocate at...

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






Review Meaning of Self-Regulation

Self-regulation has to do with:

- A. Observing how I am feeling and deciding how I might act in different situations
- B. Only trying to be positive and never have negative feelings
- C. Knowing how I feel, and expecting others to feel the same way

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





Review Ways to Self-Regulate

Some ways we can self-regulate are:

- A. Counting to 10
- B. Taking a walk
- C. Talking to my family
- D. All of the above
- E. None of the above

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




Review Self-Regulation Strategies

Name some strategies you came up with on your home activity you might use to self-regulate



Decision-Making and Problem-Solving

Involves thinking!



Decision-Making and Problem-Solving

Problem-Solving and Decision-Making are BOTH important for self-determination

Problem-Solving

- Problem=something that needs to be solved
- Looking at pros and cons of possible options


Decision-Making

- Something we need to decide
- Can be quick or take time
- A 5-step process
- Includes problem-solving and choice making
- Decide on BEST option

Problem-Solving & Decision-Making

May need to use for:

- Current or future decisions
- Problems or decisions that are a Big Deal or Little Deal
- When we get stuck
- If we make a mistake




Problems versus Problem-Solving

Problem:

- Something that's hard or difficult and needs to be solved
 - Can be **big deals** or **little deals**
 - Can get **stuck**-not sure what to do next
 - Can be due to a **mistake**

Problem-Solving

- Look at our options and the pros and cons
- Part of decision-making
- At home, school, work, in the community, anywhere



Decision-Making and Problem-Solving

Type of Problem

Getting Stuck

- You aren't sure what to do next or react
 - Some people ask for help immediately
 - Some people don't do anything
 - Some people try the first thing they think of
 - Some people try to solve the problem on their own first
- If you don't get unstuck you may get upset, frustrated, angry, or depressed



Instead of reacting when we get stuck, it's important to try to notice we are stuck, think about how to solve many problems on our own, and get help if we need it



Decision-Making and Problem-Solving

Getting Stuck

- Example:** you want peanut butter jelly for lunch, but you are out of jelly

- I want help immediately: *Mom I need you to go to the store and buy jelly right now!*
- I don't do anything: *Oh well, I won't eat lunch today.*
- I say the first thing I think of: *I am frustrated, I throw my sandwich with only peanut butter in the garbage*
- I try to solve the problem...how?
 - I pick something else to eat today (and let mom know we are out of jelly!)*



Decision-Making and Problem-Solving

Getting Stuck



Other examples:

- At school: you are confused about your math homework
- At home: you realize you sent a text to the wrong person asking about an assignment
- At work: you finish a task and do not know what to do next
- In the community: you are at the library and cannot find the book you are looking for



Decision-Making and Problem-Solving

Stuck on an Escalator

Decision-Making and Problem-Solving


Type of Decision or Problem: **Can I Solve this On My Own?**

Big Deals

- Something unsafe
- Something illegal
- Something that breaks the rules
- Something inappropriate
- Could get stuck
- You might need help solving this problem

Little Deals

- Someone is annoying you
- Something hurts your feelings
- Something you don't like
- No one gets hurt
- Could get stuck
- YOU usually can solve on your own



Decision-Making and Problem-Solving

Size of problems: **Big Deal or Little Deal?**

<p>Little Deal</p> <ul style="list-style-type: none"> Cutting in line A fire in your house An angry customer at work Physically hitting someone Dropping a pencil Spilled milk on my shirt Stealing money 	<p>Big Deal</p> <ul style="list-style-type: none"> A fire in your house An angry customer at work Physically hitting someone Stealing money 	<p>Little Deal</p> <ul style="list-style-type: none"> Cutting in line Dropping a pencil Spilled milk on my shirt
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Decision-Making and Problem-Solving

Type of Problem

Mistakes

- Everyone makes mistakes
- Own it
- Sometimes need to apologize (if it affects someone else)
- Can be big deals or little deals
- Take steps to not make the same mistake again
 - Make sure you understand what is expected
 - Know what went wrong
 - Get help if needed



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Decision-Making



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Decision-Making and Problem-Solving

Decisions

- Thinking about how to handle a problem or situation now or in the future
- Big deal or little deal
- May need to problem-solve (involving 2 or more options or choices)
- May be positive or negative decisions
- May need input from others
- Can cause stress and anxiety





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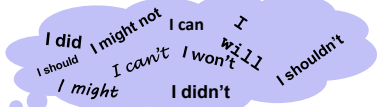
Decision-Making and Problem-Solving

Decisions: Choices

- Simpler decisions
- Make daily
- Based on preferences
- Needs little thinking
- Usually can make on our own
- Examples:
 - Do I want an apple or donut?
 - Do I wear my green hat or blue hat?
 - Do I walk or take the bus
 - Do I buy a new game today or next week?
 - Do I do my homework now or after dinner?
 - Do I ask for help or not?





Decision-Making and Problem-Solving




Decisions

- Thoughts can pop in and out of our minds
- Choosing can be very hard
- We may not always make the best choice
- More than snap decisions
- Big deal or little deal
- Problem-solving may help




Decision-Making and Problem-Solving

Snap Decisions



- Quick or easy decisions not needing much thought
- Not usually good for big deals
- May not think about what will happen if we make the decision (consequences), also called impulsive
- Sometimes snap decisions are ok
- Examples
 - I had fries yesterday, today I'll have chips
 - It looks like it's going to rain, I should take my umbrella





Decision-Making and Problem-Solving

What one is a **SNAP decision below?**

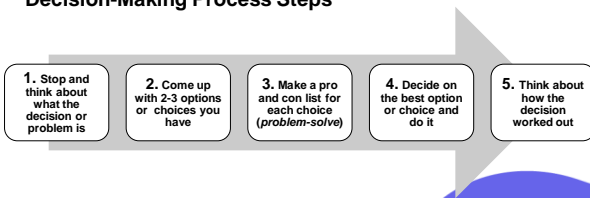
- A. Deciding what job you will do in the future
- B. The goals you want in your IEP
- C. My blue shoes are wet, I'll wear my black shoes
- D. What the best schedule is for you at your job

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





Decision-Making and Problem-Solving

Decision-Making Process Steps



1. Stop and think about what the decision or problem is
2. Come up with 2-3 options or choices you have
3. Make a pro and con list for each choice (problem-solve)
4. Decide on the best option or choice and do it
5. Think about how the decision worked out



Decision-Making and Problem-Solving


Step 1
Stop and think about what the decision or problem is

When you need to make a decision about something, stop and think...

*Is this a problem that's a **big deal**?
Am I **stuck**? Did I make a **mistake**? Is this a **decision** about the future?*

Example:
My friend asked me to play online video games tonight, but I need to do my homework because I have a test Friday. I **think I have a decision to make!**


- I feel **stuck**—I need to look at my options!




Step 2
Come up with 2-3 options (choices) you have to make your decision

Decision-Making and Problem-Solving

What are my options or choices?

1. Do my homework tonight 

OR

2. Play online video games with my friend tonight 

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Step 3
Make a pro and con list for each option or choice

Decision-Making and Problem-Solving

Problem-Solve: I need to write down the pros (or advantages) and cons (disadvantages) of my options of doing homework or playing games.

	Option 1-do homework tonight	Option 2-play games tonight
Pros	<ul style="list-style-type: none"> . I may get a better grade . I don't fall behind in school . I will feel good when it is done 	<ul style="list-style-type: none"> . I get to play with my friend . I might win at the game . My friend will be happy
Cons	<ul style="list-style-type: none"> . I miss time with my friend . I will miss out on fun 	<ul style="list-style-type: none"> . I will feel guilty about homework . I will get a bad grade on my homework . I might not do well on my test

- Think about each option (choice) and the pros and cons of each and what will happen if you pick each option
- Ask your family, friends, teachers, or someone you trust to help you with thinking about pros and cons
- This is problem-solving

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Step 4
Decide on the best option or choice and follow-through

Decision-Making and Problem-Solving

What is my decision? I do my homework tonight that is due tomorrow or play video games tonight with my online friend...

Decision that is best for ME: I really want to play games, but my homework grade is important, and I have a test this week the homework covers. I can ask my friend to play another time.

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Step 5
Think about how the decision worked out

Decision-Making and Problem-Solving

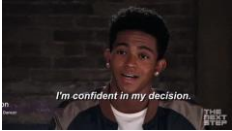

Did it work out?

Was it a good decision?

- Yes-I did my homework and handed it on time, and got a B on my test!

Making your own decisions and solving your own problems increases your **self-determination** and can help you be more **independent**






Decision-Making and Problem-Solving

Decision-Making includes:

- 5 steps and problem-solving to help make a decision
- 4 steps where you make your best guess for a decision
- 5 steps where you only look at the pros (or advantages) of options

(Put A, B, or C in chat!)






Decision-Making and Problem-Solving

An example of using decision-making in your IEP would be:

- A. Having your IEP team only make the decision on your transition goal
- B. Your taking an active role in decision-making about your transition goal at your IEP, where you look at the pros and cons of each goal
- C. Your making a snap decision on your transition goal

(Put A, B, or C in chat!)



Decision-Making and Problem-Solving

Problem-Solving:

You are in English class and there are 5 minutes until the lunch bell rings. You are confused about today's assignment and are worried you won't be able to do tonight's homework.

Is this a big or little deal?

What can you do?



Decision-Making and Problem-Solving

Problem-Solving:

You are at work and realize you forgot your password for the computer to put your work time in. You have co-workers and your supervisor nearby.

Is this a big or little deal?

What can you do?

Problem-Solving and Decision-Making

Choices: Simpler Decisions

- Little thought needed
- Every day decisions

Decisions and Problems


- Big deal-little deal (big deal use decision-making process)
- Everyday decisions, snap decisions, future decisions
- We are stuck or made a mistake

Decision-Making Process (5 steps) → Problem-Solving

- Big deal-sometimes little deals
- Important decisions or future decisions
- Because we are stuck or made a mistake

Problem-Solving

- Look at pros and cons of each option before making a decision




Decision-Making and Problem-Solving

More Practice: Situation 1

You have a substitute teacher who does not know where materials are in the classroom. You know where they are but you are not sure if you should say something.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now?


I can't make the decision, I need to problem-solve



Problem-Solving

- 2-3 options
- Write down pros and cons of each option

Make the decision: My decision is...
How did the decision work out?




Decision-Making and Problem-Solving

More Practice: Situation 2

You are rushing to get to school on time, and you trip and fall on your way out the door, cutting your arm. It's bleeding and needs a Bandaid, and you are already late for class.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now?


I can't make the decision, I need to problem-solve



Problem-Solving

- 2-3 options
- Write down pros and cons of each option

Make the decision: My decision is...
How did the decision work out?



Decision-Making and Problem-Solving

More Practice: Situation 3

You realize you forgot to lock the door when you took the recycle out at work. You are concerned it will be unlocked overnight.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now?

Problem-Solving

- 2-3 options
- Write down pros and cons of each option

Make the decision: My decision is...
How did the decision work out?

Home Activities

(Review Next Week)

Decision-Making and Problem-Solving

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Youth Self-Determination Series-Home Activities Checklist

Session 3: Decision-Making and Problem-Solving Components of Self-Determination

Name: _____ Date: _____

Home Activities Checklist


Use the checklist below to work through the assigned home activities for Session 3. We will plan to discuss the home activities from Session 3 at Session 4.

Done	Activity
<input type="checkbox"/>	1. Complete the Big Deal Little Deal Home Activity 1 (in your folder)
<input type="checkbox"/>	2. Complete the Decision Making and Problem-Solving Home Activity-2 (in your folder)
<input type="checkbox"/>	3. Review the provided Resources document for additional information on decision-making and problem solving.

Home Activity-Checklist


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

Decision-Making and Problem-Solving



Big Deal-Little Deal Home Activity-1


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



Decision-Making and Problem-Solving


Decision-Making and Problem-Solving Home Activity-2

- Written or complete with pictures



Next Steps:

1. Review your Home Activities Checklist
2. Review Additional Resources on self-determination, decision-making, and problem-solving



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