



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Session 2: Self-Advocacy and Self-Regulation Components of Self-Determination

Name: _____ Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities for Session 2. We will plan to discuss the home activities from Session 2 at Session 3.

Done	Activity
	1. Complete the Me! Scale Self-Advocacy in School assessment <ul style="list-style-type: none">• Note activities you do not think or are not doing• Use the START School Independence Goal Ideas for additional school independence goal ideas• Keep the goal ideas for setting goal steps in the upcoming training session
	2. Complete the START Home Independence Goal Ideas worksheet per the directions <ul style="list-style-type: none">• Keep the goal ideas for setting goal steps in the upcoming training session
	3. Complete the Self-Regulation home activity <ul style="list-style-type: none">• Complete it with words or pictures, whatever works best for you
	4. Review the provided Resources document provided for additional information on self-advocacy and self-regulation