



Michigan Alliance for Families

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

Resources

- [I'm Determined Website](#)
- I'm Determined: [Toolbox for Self-Determination](#)
 - I'm Determined: Good Day Plan
 - I'm Determined: [One Pager Template](#), [One Pager Implementation Guide](#) (with examples)
 - I'm Determined: [One Pager Web App](#) – create one pager on interactive application; choose from lists to add information to your strengths, preferences, interests, and needs
- Kansas Technical Assistance System Network (TASN): [Self-Determination](#)
- Kansas Technical Assistance System Network (TASN): [Self-Efficacy](#)
- Michigan Alliance for Families-[Self-Determination Webpage](#)
 - Michigan Alliance for Families: [Self-Determination Video](#)
- Pacer's National Parent Center on Transition and Employment: [Self-Determination](#)