

Self-Determination: Goal Setting and Planning My Future (Locus of Control)

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Welcome Back





Your Name



Today's Question: would you rather
be able to read minds or see into the
future?



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



What We Will Do Today

- Review last weeks information and home activities
- Talk about goal-setting, your belief in yourself and choosing your future
- Answer questions in chat
- Watch one or more videos
- Get home practice activities



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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: Self-Belief-Choosing My Own Future (Internal Locus of Control)**

Today-Session 4:
• Setting and Reaching Goals
• Self-Belief and Choosing My Future

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Self-Determination Components



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Review-1

When we problem-solve, we look at:

- A. 1 option and go with it
- B. Just make my best guess
- C. 2 or more options, and then think about pros and cons of each option

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



Review-2

- The decision-making process includes ____ steps
 - 5 (1-define problem/decision; 2-think of options; 3-problem-solve options with pros and cons; 4-decide on best option; 5-how did the decision work out?)
- Snap decisions are decisions we think long and hard about before making a decision (True or False)
 - False
- When we get stuck on an idea, it means we:
 - a. Can't make a decision, which may cause us to be frustrated, angry, or upset
 - b. We make a pretty quick decision so we can move on
 - a
- We usually need to problem-solve for big deals or little deals?
 - BIG deals!



Review-3

It is important to **think** about *how* our decision worked out after we made the decision and followed through (*true or false*)

- True



Review-4

Decision-making...

- A. Is the same thing as problem-solving
- B. Includes problem-solving

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



Review Ways to Self-Regulate

Some places I can make decisions are:

- A. Home
- B. School
- C. In the community
- D. About my future
- E. All of the above

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



Review of Home Activity

Name some decision-making and problem-solving examples **you** came up with on your home activity



Goal-Setting

Involves thinking
about the future



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What is a Goal?



- An idea of the future
- A plan to do and finish something
- Something the person wants or needs to do
- A plan in writing
- Requires a promise to ourselves to work on something we want to do

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Why is Goal-Setting Important?

- Plan for the future
- Get things done
- Build self-confidence
- Feel in control
- Interest in setting new goals
- Increase ability to self-manage
- Increases independence



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Where Can We Set Goals?

- Home (personal, social, adaptive)
- School (academic, personal, social)
- In the community (personal, social, adaptive)
- Employment (job-related, personal, social)
- Toward greater independence (all areas)



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Goal-Setting Can Be Difficult



- Don't know the meaning of a goal
- Don't know how to set a goal
- Hard to define a goal
- Hard to start working on a goal
- Hard to stick to the goal
- Hard to track progress on goals
- It takes time

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Timing of Goals

- **Life goals:** *much farther* in the future
 - Plan for beyond 1 year
- **Long-term goals:** something *farther* in the future
 - Plan for 3 months to 1 year
 - Learn to play an instrument
 - Learn a new language
 - Get a job in a specific area
- **Short-term goals:** something in the *near* future
 - Break long-term goals into smaller goals
 - Plan for now through 2 months
 - Pass a class, get a job



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What Type of Goal Is It?

- | | |
|---|-------------------|
| Take a vacation to Europe | ✓ Life Goal |
| Get a C in Math this semester | ✓ Long-Term Goal |
| Use a calendar with reminders | ✓ Short-Term Goal |
| Get a part-time job by March | ✓ Long-Term Goal |
| Use self-regulation on my own to reduce anxiety in new situations | ✓ Short-Term Goal |
| Get a certification in the job field of electronics | ✓ Life Goal |

• Life Goals=Over 1 Year
• Long-Term Goals=3 months-1 year
• Short-Term Goals=1-2 Months

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Characteristics of Setting a Goal



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SMART Goals

- **S**pecific: exactly what you plan to do
- **M**easured: you know when you met the goal
- **A**ble: it's possible to meet your goal
- **R**elates: it's important to you, your growth, your vision of the future
- **T**imed: start and end date for your goal



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How to Start Goal Setting

Start SMALL!

- Think about something you want to do or get better at that might not be too hard (this will help you learn how to do it)
- Only has a few steps
- Can be measured easily
- Short-term
- Write the goal in a "to, so that, by, steps" format



Steps to Setting a Goal

- 1. Define the goal**
 - What do you want to do or learn?
- 2. Write the goal**
 - Make sure it *SMART*
 - Using the *to-so that-by-steps* format keeps it *SMART*
- 3. Create a plan to meet your goal**
 - Steps to meet your goal
 - How and when will you begin work on the goal?
- 4. Check your progress and adjust your goal if needed**
 - How are you doing on meeting your goal?
 - What have you done so far?
 - Is the goal finished?
 - Make goal changes if needed



Example of Setting a Short-Term Following the Goal-Setting Steps!

1. Define the goal

- Something you want to learn or start doing on your own

Example: *My mom's been making my haircut appointments, I want to start doing that by myself.*

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Example Goal Step 2

2. Write the goal (using to-so that-by format)

Goal: to start making my own haircut appointments so that I can become more independent in my life skills by December 31, 2022.

Goal must be SMART (using to-so that-by format)

- **Specific:** I will start making my own hair cutting appointments
- **Measured:** I will write the date and time I made the appointment on my calendar, and put the appointment time on the calendar
- **Able:** I know I am able to meet this goal
- **Relates:** it is about me and what I want and need
- **Timed:** there is a beginning and ending time for the goal and when it needs to be met

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Example Goal Step 3

3. Create a plan to meet the goal:

Goal: to start making my own haircut appointments so that I can become more independent in my life skills by the end of December, 2022.

Steps:

- I will look at my calendar (with my mom) and write down dates and times that work for me to get my hair cut before December 20, 2022
- I will look up and write down the number to the salon on Google by December 5, 2022
- I will call the salon and say to the person answering the phone "I need to make an appointment with Becky" by December 6, 2022
- I will listen to times and dates they can cut my hair and tell them time that works best for me
- I will write the date and time on my calendar and let my mom know
- I will thank them and hang up

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Example Goal Step 4

4. Check my progress and adjust if needed:

Goal: to start making my own haircut appointments so that I can become more independent in my life skills by the end of December, 2022.

Progress: it is December 9, 2022, and I met my goal! I followed the steps and made an appointment for December 12, 2022. No changes need to be made to the goal. I will set another goal to work on next!

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Question-1

Do you think setting and reaching goals can change the way we see ourselves, like make us more **self-confident** and feel better about ourselves?

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Question-2

Do you think **you** would be able to set a **small** goal, with or without help from your family, a teacher, or other support person?

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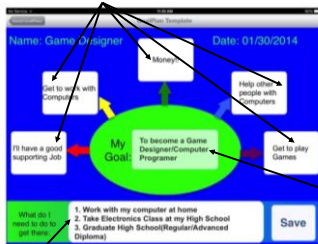
More Examples of Types of Goals Are they life, long-term or short-term?

- Make my own doctor's appointment
 - Short-term
- Use an alarm clock to wake myself up
 - Short-term
- Graduating from college
 - Life goal
- Losing 10 pounds
 - Short-term
- Getting a job working with animals
 - Long-term



Goal-Setting Template

So that...



Steps-Can be made into short- or long-term goals

Another Type of Goal-Setting Form

[I'm Determined Toolbox](#) (has template) or [I'm Determined Goal-Setting App](#) which can be customized online (text or visuals)

To (Life Goal)

My Goal Progress Name: **S. Rulison** Date: **12.5.22**

My goal is: To have at least 4 back and forth conversation exchanges with at least 2 conversation partners, where I ask at least two questions and receive comments, and give an topic.

This goal is a (circle one): ☐ Short-Term Goal ☒ Short-Term Goal Related to a Long-Term Goal or Life Goal

1. Write your goal action steps below. 2. Mark the date you tried to accomplish the action step, and check your progress (whether you did it, did part of it, or didn't or couldn't do it). 3. If you are not making progress, get back on track, or look at breaking the step down more. 4. You must fill steps up the next goal.

Goal Action Steps	Date 1 Progress	Date 2 Progress	Date 3 Progress	Date 4 Progress	Date 5 Progress	Step Requirements
Step 1: Have 2 back and forth conversation exchanges with 2 conversation partners, asking 1 question and making 1 comment, on 2 dates, and filling 4 steps.	Date: 12.1.22 I did it I did part of it I didn't or couldn't do it	Date: 12.7.22 I did it I did part of it I didn't or couldn't do it	Date: 12.13.22 I did it I did part of it I didn't or couldn't do it	Date: 12.19.22 I did it I did part of it I didn't or couldn't do it	Date: 12.25.22 I did it I did part of it I didn't or couldn't do it	X Met Partly met Did not meet
Step 2: Have 3 back and forth conversation exchanges with 2 conversation partners, asking 2 questions and making 2 comments, on 3 dates, and filling 6 steps.	Date: 12.1.22 I did it I did part of it I didn't or couldn't do it	Date: 12.7.22 I did it I did part of it I didn't or couldn't do it	Date: 12.13.22 I did it I did part of it I didn't or couldn't do it	Date: 12.19.22 I did it I did part of it I didn't or couldn't do it	Date: 12.25.22 I did it I did part of it I didn't or couldn't do it	X Met Partly met Did not meet
Step 3: Have 4 back and forth conversation exchanges with 2 conversation partners, asking 3 questions and making 3 comments, on 4 dates, and filling 8 steps.	Date: 12.1.22 I did it I did part of it I didn't or couldn't do it	Date: 12.7.22 I did it I did part of it I didn't or couldn't do it	Date: 12.13.22 I did it I did part of it I didn't or couldn't do it	Date: 12.19.22 I did it I did part of it I didn't or couldn't do it	Date: 12.25.22 I did it I did part of it I didn't or couldn't do it	X Met Partly met Did not meet
Step 4: Have 5 back and forth conversation exchanges with 2 conversation partners, asking 4 questions and making 4 comments, on 5 dates, and filling 10 steps.	Date: 12.1.22 I did it I did part of it I didn't or couldn't do it	Date: 12.7.22 I did it I did part of it I didn't or couldn't do it	Date: 12.13.22 I did it I did part of it I didn't or couldn't do it	Date: 12.19.22 I did it I did part of it I didn't or couldn't do it	Date: 12.25.22 I did it I did part of it I didn't or couldn't do it	X Met Partly met Did not meet

Goal-Progress Example

Locus of Control (Self-Belief)



I control my own destiny
(or future)

Internal Locus of Control My Future Belongs to Me (Self-Belief)

Is about believing...

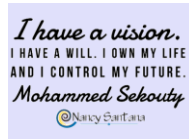
- You have control over your own future
- Your success is because of your efforts
- You have control over situations and experiences that affect your life
- How you feel about yourself (this can affect how you act and what you do)
- You accept and adjust to your disability
- You are responsible for your own behavior
- You can self-regulate and control your behavior



Benefits of Self-Belief

- Have more self-confidence
- Have more control over your own life
- You are more self-determined
- You are more independent

**You get what you want
out of your life!**



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My Future Is Up to Me (Locus of Control)

How I See My Role in My Own Life- and My Inner Voice (Self-Talk)

- "I know I am responsible for me"
- "It's up to me"
- "I have to learn to self-advocate more"
- "I can do this with some support"
- "I pilot my own ship"



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Improving my Belief in Myself (Locus of Control)

- Work on self-advocacy skills
- Become more and more independent
- Try new things—even if it's hard—we grow this way!
- If you believe you (and not others) decide your future, you are likely to believe in yourself more
- Positive self-talk helps us with self-belief



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Positive Self-Talk

Repeating positive self-talk can change our self-confidence, self-awareness, and self-belief!

- Turn negative talk into positive talk
- Focus on what you CAN do, not what you CAN'T do
 - I can't....I _____
 - I won't....I _____
 - I don't....I _____
 - I didn't....I _____



Positive Beliefs in Ourselves (Locus of Control)

Positive **attitudes** about our own abilities and our disability increases our **power** to make our own decisions and lead more **inclusive** lives, improves our **self-confidence**, and belief in our decisions and what our future holds.



Who Controls What-Group Activity

Do you have a LOT of control, SOME control, or NO control over the following?

- Picking your favorite cold drink?
- What homework will be assigned?
- Selecting your favorite ice cream?
- Getting a job?
- Whether the bus comes by your house?
- Picking what you have for dinner most nights?
- Deciding what you wear most days?
- What you will do for work after high school?
- Your happiness?



Choosing My Future-Question

Which one does NOT show self-belief?

- A. I know I can finish school.
- B. I know my strengths and areas of need.
- C. I know it's up to only my parent's to get me through school
- D. I know I have a huge part of what I do in the future and for my independence.

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



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Goal-Setting Question

In goal-setting:

- A. If you have a long-term goal, you usually can start and end it within 3 months
- B. If you have a long-term goal, you may need to break it into one more short-term goals to meet your long-term goal
- C. Short-term goals usually take about a year to reach.

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



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Goal-Setting and Your SPIN

- Set personal, academic, employment and future goals around your strengths, interests, and preferences
- Set personal and IEP goals to improve areas that are hard and need supports
- Think about what you put in your SPIN and areas of self-advocacy to continue growing



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Continue Working Toward Self-Determination and Independence!

- Think about the future-now
- Take part in your IEP and planning for your life
- Set small goals toward independence, and follow them; when you meet one goal, set the next one and keep working on them
- Believe in yourself (your locus of control!)—you are an important part of decision-making, problem-solving, and goal setting for your future
- It's a "marathon", not a sprint!

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Employment Preparation

Work is important for independence, and ANY of us can work

- Use programs and agencies who can support us:
 - [Michigan Rehabilitation Services \(MRS\)](#) and [Bureau of Services for Blind Persons \(BSSBP\)](#)
 - Eligibility: IEP, 504 Plan, diagnosed disability
 - No cost for services
 - Employment training, work based learning, job shadows, job coaching, and more
 - 14 years and older (pre-employment transition services called pre-ETS and vocational rehabilitation)
 - Statewide agencies, with local/regional offices; find your office at [MRS Locator](#)-contact them to start the process

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Home Activities

(Review Next Week)



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Home Activity Checklist

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Youth Self-Determination Series Home Activities Checklist
Section 4: Goal Setting and My Future

Name: _____ Date: _____

Home Activities Checklist
Over the checklist dates be work through the assigned home activities for Section 4. Please work through these activities with your parents, siblings, peers, or other support persons.

Item	Activity
1.	Use the Goal Setting Worksheet in this handbook. The worksheet from 12-13 is designed for you to complete. You can complete it by hand or use the digital version. You can also print it out and use it as a template. You can also use the digital version to create a goal setting worksheet. You can also use the digital version to create a goal setting worksheet. You can also use the digital version to create a goal setting worksheet.
2.	Follow the Goal Setting Worksheet in this handbook to track your goal progress. If you do not want to use the worksheet, you can use a notebook, a calendar, or a digital version of the worksheet. The worksheet is designed to help you track your goal progress and make changes to your goal if needed. You can also use the digital version to create a goal setting worksheet.
3.	There is a Goal Progress Worksheet in this handbook. You can use this worksheet to track your goal progress and make changes to your goal if needed. You can also use the digital version to create a goal setting worksheet.
4.	If you have not already done so, consider looking at and contacting Michigan Department of Social Services (MDSS) or the Bureau of Children's Services (BCS) for additional support and information regarding your goal progress. These services are designed to help you achieve your goal. You can also use the digital version to create a goal setting worksheet.

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

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Next Steps:

1. Review your Home Activities Checklist
2. Review Additional Resources on self-determination, goal setting, and self-belief (locus of control)

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Every One of You Are Amazing



Everyone is an individual and to be respected for who you are. We are all unique and learn in our own way which is not less, but different, and we each are an important part of our families, communities, and society—and ARE WORTHY OF BEING happy and living a fulfilled life.

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We are here to support you!

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

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