

# Self- Determination in the IEP

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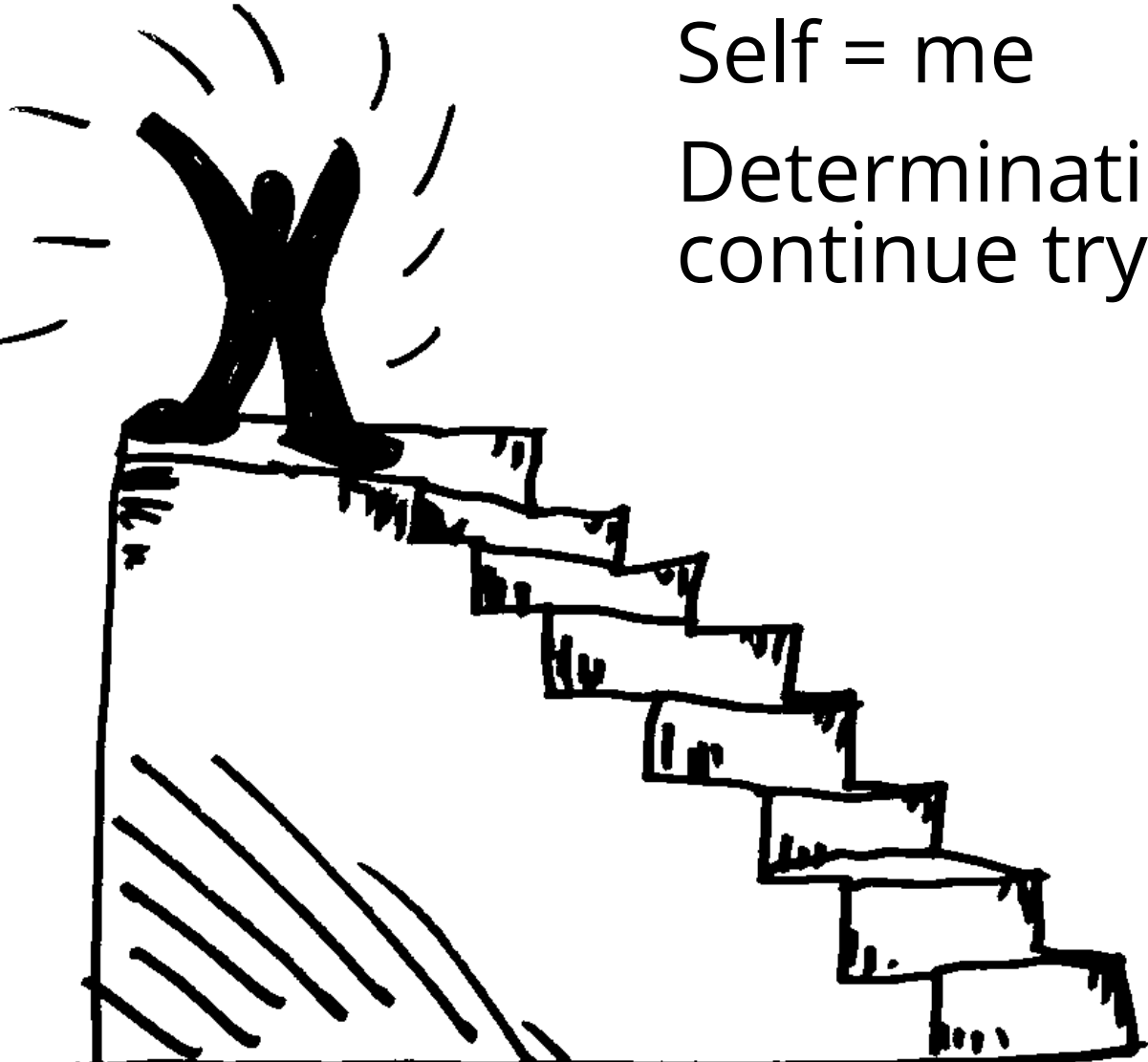
**What comes to  
mind when you  
think of “self-  
determination”?**

# Self- Determination

Controlling your own life

Self = me

Determination = the ability to  
continue trying, although it is difficult



# What is Self-Determination?

- Knowing and believing in yourself
- Knowing what you want your future to be and how to make plans to achieve this future
- Knowing what supporting you need to take control of your life

# Principles of Self-Determination

## **Freedom**

You plan your life with the support that you need.

## **Authority**

You control the money for the support you receive.

## **Support**

You arrange resources and supports —both informal and formal— so you can live in and connect with your community.

## **Responsibility**

You have a valued role in your community and agree to use public dollars wisely.

**Present Level of Academic  
Achievement and Functional  
Performance (PLAAFP)**

- Current Snapshot of the student

**Goals**

- Skill or behavior the student will learn

**Supplementary Aids and  
Services**

- Assure access to regular education classes, other education-related settings, and in extracurricular and nonacademic settings

# Individualized Education Program

# Self-Determination





# Elements of I'm Determined

<https://www.imdetermined.org/resource/elements-of-im-determined/>

The Elements of I'm Determined comprises the essential skills necessary for increasing self-determination skills.

Skills

Abilities

Beliefs

<b>CHOICE MAKING</b> The skill of selecting a path forward between two known options <b>Cm</b>	<b>DECISION MAKING</b> The skill of selecting a path forward based on various solutions that have each been thoughtfully considered <b>Dm</b>	<b>PROBLEM SOLVING</b> The skill of finding solutions to difficult or complex issues <b>Ps</b>
<b>GOAL SETTING &amp; ATTAINMENT</b> The ability to develop a goal, plan for implementation, and measure success <b>Gs</b>	<b>SELF-REGULATION</b> The ability to monitor and control one's own behaviors, actions, and skills in various situations <b>Re</b>	<b>SELF-ADVOCACY</b> The skills necessary to speak up and/or defend a cause or a person <b>Ad</b>
<b>INTERNAL LOCUS OF CONTROL</b> The belief that one has control over outcomes that are important to his or her own life <b>Lc</b>	<b>SELF-EFFICACY</b> Belief in one's own ability to succeed in specific situations or accomplish specific tasks <b>Ef</b>	<b>SELF-AWARENESS</b> Basic understanding of one's own strengths, needs, and abilities <b>Aw</b>



# Elements of I'm Determined

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## Skills



# Elements of Self-Determination - Skills

- Choice Making: the Skill of selecting a path forward between two known options
- Decision Making: the skill of selecting a path forward based on various solutions that have been thoughtfully considered
- Problem-Solving: the skill of finding solutions to difficult or complex issues

# Opportunity to Practice - Skills



## Make Choices

- What to wear
- What to eat



## Make Decisions

- Who to spend time with
- How to spend free time
- Dignity of risk



## Solve Problems

- Resolve an argument
- Set own priorities

## **PLAAFP**

- Checklists of current skills
- Experience

## **Goals**

- Organization
- Using a T chart
- Identify alternatives

## **Supplementary Aids and Services**

- Increase wait time
- Break assignments into smaller steps
- Use a planner with time estimates

# **Skills in the IEP**

# Elements of I'm Determined

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## Abilities



# Elements of Self-Determination - Abilities

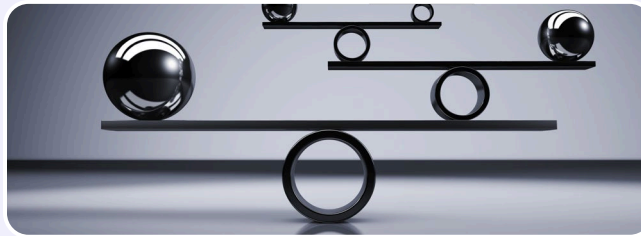
- Goal Setting and Attainment: the ability to develop a goal, plan for implementation, and measure success
- Self-Regulation: the ability to monitor and control one's own behaviors, actions, and skills in various situations
- Self-Advocacy: the skills necessary to speak up and / or defend a cause or person

# Opportunity to Practice - Abilities



## Goal Setting

- Set and adjust
- How to plan (steps)



## Self-Regulation

- Coping skills
- When to take a break



## Self Advocacy

- Knowledge of rights
- How to communicate strengths, preference, interest, and needs (SPIN)



## **PLAAFP**

- Checklist
- Experience

## **Goals**

- Asking for help
- Setting own IEP / transition goals and steps
- Teach the tools to use the tools

## **Supplementary Aids and Services**

- Visual Organizer
- SPIN One Pager

# **Abilities in the IEP**

# Elements of I'm Determined

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## Beliefs

INTERNAL LOCUS OF CONTROL	SELF-EFFICACY	SELF-AWARENESS
The belief that one has control over outcomes that are important to his or her own life	Belief in one's own ability to succeed in specific situations or accomplish specific tasks	Basic understanding of one's own strengths, needs, and abilities
<b>Lc</b>	<b>Ef</b>	<b>Aw</b>

# Elements of Self-Determination -Beliefs

- Internal Locus of Control: the belief that one has control over outcomes that are important to their own life
- Self-Efficacy: belief in one's own ability to succeed in specific situations or accomplish specific tasks
- Self-Awareness: understanding of one's own strengths, needs, and abilities

# Opportunity to Practice - Beliefs



## Internal Focus of Control

- Practice! Model!



## Self-Efficacy

- Set goals, plan, review
- Practice! Model!



## Self-Awareness

- Knowledge your SPIN
- PRACTICE! MODEL!

# Principles of Self-Determination

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## **Support**

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## **Responsibility**

You have a valued role in your community and agree to use public dollars wisely.

# Elements of I'm Determined

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The Elements of I'm Determined comprises the essential skills, abilities, and beliefs necessary for increasing self-determination skills.

Skills

## CHOICE MAKING

The skill of selecting a path forward between two known options

**Cm**

## DECISION MAKING

The skill of selecting a path forward based on various solutions that have each been thoughtfully considered

**Dm**

## PROBLEM SOLVING

The skill of finding solutions to difficult or complex issues

**Ps**

Abilities

## GOAL SETTING & ATTAINMENT

The ability to develop a goal, plan for implementation, and measure success

**Gs**

## SELF-REGULATION

The ability to monitor and control one's own behaviors, actions, and skills in various situations

**Re**

## SELF-ADVOCACY

The skills necessary to speak up and/or defend a cause or a person

**Ad**

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## SELF-AWARENESS

Basic understanding of one's own strengths, needs, and abilities

**Aw**

# Self-Determination Checklists

[Self Determination Inventory](https://sdiprdwb.ku.edu/index.php) - Decide Act Believe – Assessment reads aloud, ASL or Spanish – Built in accessibility to defines words, sliders instead of numbers, assessments for students, parents, teachers, or adults (<https://sdiprdwb.ku.edu/index.php>)

[I'm Determined Self-Determination Checklist](https://www.imdetermined.org/wp-content/uploads/2018/01/selfdeterminationcheckliststudentsself-assessment.pdf) – Two pages – most of the time / sometimes / rarely scale and open questions about goals and understanding rights (<https://www.imdetermined.org/wp-content/uploads/2018/01/selfdeterminationcheckliststudentsself-assessment.pdf>)

[Adolescent Autonomy Checklist](https://www.ohsu.edu/sites/default/files/2018-12/Adolescent%20Autonomy%20Checklist%20updated.pdf) – Looks at skill areas at home to consider where to focus skill building (Personal, Healthcare, Community, Leisure time, Emergency, Home Maintenance, etc.) (<https://www.ohsu.edu/sites/default/files/2018-12/Adolescent Autonomy Checklist updated.pdf>)

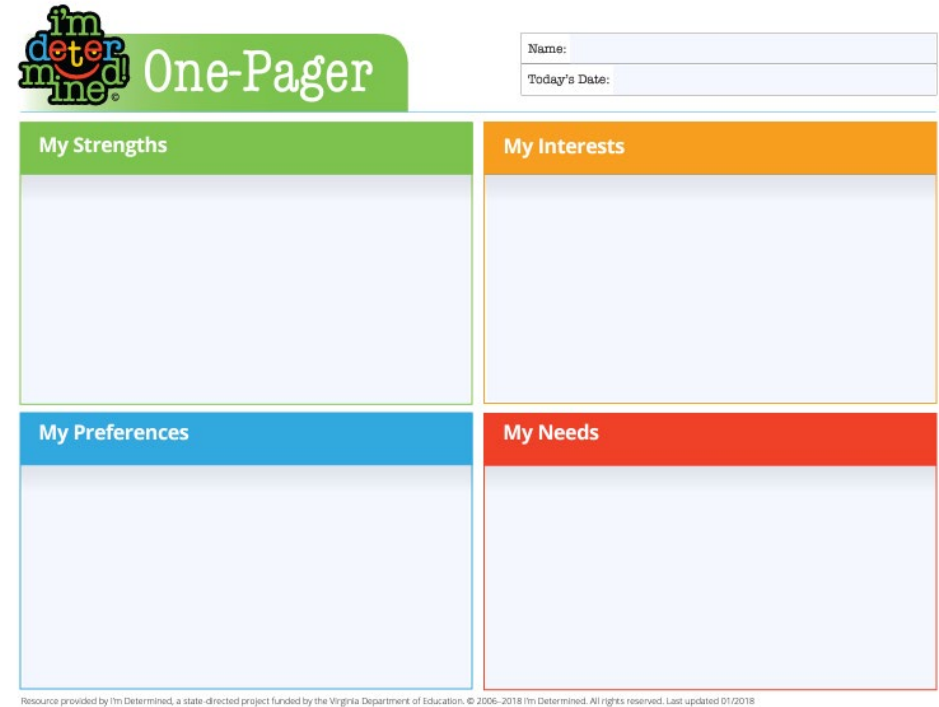
[Transition Skills Checklist](https://waismanuccedd.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/HTSC.pdf) – Broken down by category (Communication, Self-Awareness, Self-Advocacy, Activities of Daily Living, Safety, Vision / Hearing, etc.) Checklist is yes or no. (<https://waismanuccedd.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/HTSC.pdf>)



# I'm Determined One-Pager

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<https://imdetermined.org/resource/one-pager/>



The form is titled "I'm Determined! One-Pager" and features a logo with the text "i'm deter mine!" in a stylized font. It includes two input fields for "Name:" and "Today's Date:". The main content area is divided into four colored sections: "My Strengths" (green header), "My Interests" (orange header), "My Preferences" (blue header), and "My Needs" (red header). Each section has a large white box for writing. At the bottom, there is a small copyright notice: "Resource provided by I'm Determined, a state-directed project funded by the Virginia Department of Education. © 2006-2018 I'm Determined. All rights reserved. Last updated 01/2018".

**I'm Determined! One-Pager**

Name: \_\_\_\_\_

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

**My Strengths**

**My Interests**

**My Preferences**

**My Needs**

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# One-Pager

Name:

Today's Date:

## My Strengths

What do I do well in school?  
What do I do well at home or in my community?  
What do other people say are my strengths?

## My Interests

What do I like to do when I'm not in school?  
What activities or organizations do I enjoy participating in?  
What are my hobbies?

## My Preferences

What works for me? What helps me be successful?  
Where do I see myself in the future:

- Living?
- Working?
- Doing for fun?

## My Needs

What are the accommodations that help me?  
How can others help me?  
What are some things that are difficult for me?

Name: Stephanie

Today's Date: June 1, 2022

## My Strengths

Creating things



Sharing Ideas



## My Interests

Flowers



Pets



Rocks



## My Preferences

To-Do Lists



Having a clear daily schedule

Opportunity to ask questions

## My Needs

To move outside



Sunshine / Vitamin D

7 hours of sleep / to sleep on a schedule

# Questions?

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**Ef**

## SELF-AWARENESS

Basic understanding of one's own strengths, needs, and abilities

**Aw**

# We are here to support you!

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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)

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