



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 at our next session

Done	Activity
	1. Complete the Me! Scale Self-Advocacy in School assessment <ul style="list-style-type: none">Note activities you do not think you are doingThese will be ideas for setting goals in in Session 4
	2. Complete the Self-Advocacy: MY Home and School Self-Advocacy Goal Ideas <ul style="list-style-type: none">Complete it with words or pictures, whatever works best for you
	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