

Self-Determination Overview, Self-Awareness, and Self-Efficacy

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Welcome & Introductions

Your Name: and something you like starting with the first letter of your first name 

Town You Live In 





Today's Question: would you rather sing along or dance to every song you hear? 




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Ground Rules

-  Cameras on when possible
-  Use chat or raise hand to talk (Zoom or actual hand)
-  Listen to better understand
-  Ask questions




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What We Will Do Today

- Talk about self-determination, self-awareness and self-confidence (also called self-efficacy)
- Answer questions in chat
- Watch one or more videos
- Get practice activities to do before next time





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Self-Determination means...


- A. Being in control of my parents and their decisions
- B. Being in control of me and my decisions**
- C. Letting my parents make decisions for me

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




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Self-Determination



Knowing what I need to be in control of **ME** and the decisions **I** make!



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Self-Determination

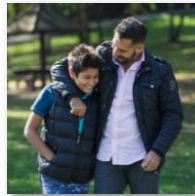
Knowing what I want in the future and how to plan for it to happen



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Self-Determination

Knowing what I need for support to take control of my life



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Self-Determination

Where?

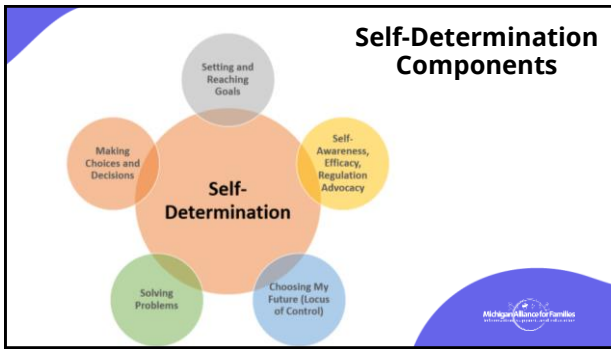
- Home
- School
- Work
- Healthcare
- Community
- Relationships



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Today's Session

- Session 1: Self-Awareness
- Session 1: Self-Confidence (Self-Efficacy)
- Session 2: Self-Advocacy
- Session 2: Self-Regulation
- Session 3: Making Choices and Decisions
- Session 3: Solving Problems
- Session 4: Setting and Reaching Goals
- Session 4: Choosing My Own Future (Internal Locus of Control)

Today-Session 1:
 • Self-Awareness
 • Self-Confidence (Self-Efficacy)

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Self-Awareness and Thoughts

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Self-Awareness

Knowing about me and thinking about...

- What I am feeling
- What interests me
- What my strengths are
- What my disability is
- What supports I need
- How I learn best
- How my disability might make some things harder
- How my actions can affect others

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Self-Awareness

Our thoughts help us be more self-aware of so much...

Thoughts are like bubbles that pop in and out of our heads with ideas, memories, feelings, and actions

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Self-Awareness

Here are some thoughts popping in and out of her head...

Thought bubbles include:

- My head hurts
- Math is so easy for me
- I can't wait to play Minecraft
- Should I take my umbrella today?
- I am worried about getting my homework done
- Yum, pizza for dinner
- I need to take 10 breathers and try to relax

Two red question marks are shown at the bottom left.

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Are thoughts mostly about...

- A. The past
- B. The present
- C. The future
- D. The past, present, and future

(Put A, B, C, or D in chat!)

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Self-Awareness and Your Thoughts about Your SPIN

SPIN = Strengths, Interests, Preferences and Needs

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Self-Awareness



Thinking about your:

- Strengths
 - What I am good at
- Preferences
 - What helps me do better or be successful
- Interests
 - What I like to do in my free time
- Needs
 - What I need help or support with

We call this our
SPIN


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Strengths

Strengths are...
What I am good at

- Staying with the routine
- Finishing tasks independently
- Helping with chores
- Organizing my bedroom
- Using the computer
- English class



What are some of your examples?


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Preferences

Preferences: What helps and works for me to think, focus work, or learn

- Being around people vs. being alone
- Warm temperatures vs. cold temperatures
- New situations vs. familiar situations



What are some of your examples?


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Interests

Interests are...
Things I enjoy

- Being with animals
- Listening to music
- Playing an instrument
- Math
- Watching animae
- Baking cookies



What are some of your examples?


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Needs

Needs: what helps me? What supports do I need?

- To learn to start conversations
- Help getting up on time
- Use a checklist for daily activities
- Quiet time after work




What are some of your examples?

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Using your SPIN



- In my Individualized Education Program (IEP) meetings
- At home to do more on my own and take more responsibility
- In the community in becoming more independent

We will discuss goals for increasing self-determination throughout this series, so you may update your SPIN document during that time


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Self-Awareness


Match the strength, preference, interest, or need (SPIN) with the example:

Strength	a. Having a visual helps me stay on task
Preference	b. I like to play soccer
Interest	c. I am good at math
Need	d. I want to be around people who respect me




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Self-Confidence (Self-Efficacy)




YEAH, I CAN DO THAT




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Self-confidence is believing in yourself



How **you** think about and see you!



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Self-Confidence

- Thinking about yourself in a positive way
- Thinking you can meet your goals
- Having a positive attitude
- Believing in yourself



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Video on Self-Confidence



1. Watch the video
2. Think of one thing you learned or thought was positive in the video



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How to increase your self-confidence

- Use positive words or (positive self-talk)
- Focus on your strengths, preferences, interests, and abilities
- Think more about what you are good at
- Work on areas of need
- Try new things, even if it's hard
- Think about jobs that match your SPIN
- Work with your parents and IEP team



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Self-Confidence



Remember everyone has things they are good at, and things that are harder and they need to work on!



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Home Activities (Review Next Week)



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Home Activities Checklist

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Youth Self Determination Series Home Activities Checklist
Session 1: Self Awareness and Self Efficacy Components of Self-Determination
Name: _____ Date: _____

Home Activities Checklist
Use the checklist below to work through the assigned home activities for Session 1. We will discuss the home activities from Session 1 at Session 2.

Done	Activity
<input type="checkbox"/>	1. Complete the Self-Determined Self-Determination Checklist Student Self-Assessment . * Pick 2 things you scored a "1" on (rarely or never) or "2" (sometimes) and consider how to work on them.
<input type="checkbox"/>	2. Download the One Page Checklist for SPFs Strengths, Preferences, Interests, Needs. * For additional information: Go to the Self-Determined One Page site on the One Page; an overview video, and information and videos on each of the SPFs areas, and how to use the One Page. * Available Customization Tools for the One Page if needed (provides examples and guidance on completing the One Page) * Additional Resource: access the One Page User App interactive web-based application which aligns with the Self-Determined ability resources. The student will need to create a login.



Out of Class Activity-1

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

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Self-Determination Checklist

Out of Class Activity-2

- Work with your parents, a peer, or mentor to complete if needed

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Self-Determination One-Pager

Out of Class Activity-3

- Written or complete with pictures

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One-Pager Video Overview

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Your Actions for Next Week:

1. Review and follow your Home Activities Checklist)
 - a. Complete the **I'm Determined Self-Determination Checklist Student Assessment**
 - b. Complete the **One Pager SPIN** document
 - c. Review Link **Additional Resources** on self-determination, self-awareness, and self-confidence (self-efficacy)



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We are here to support you!

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For more information visit:
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