

Self-Determination: Decision-Making and Problem-Solving

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Welcome Back





Your Name



Today's Question: would you rather give up eating sweets or give up eating fast food (like McDonalds) for a year?




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 decision-making and problem-solving
- Answer questions in chat
- Watch one or more videos
- Get home practice activities for this week

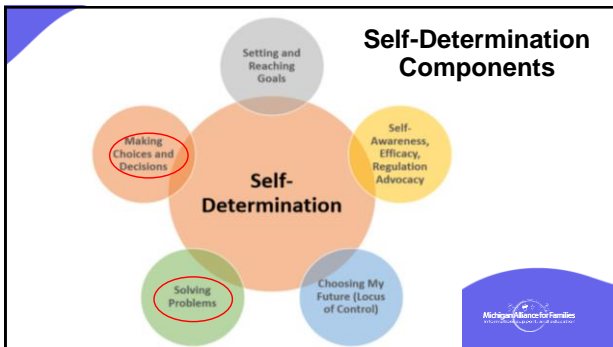


Self-Determination Topics

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

→ **Today-Session 3:**
• Decision-Making
• Problem-Solving







Self-Advocacy means:

- A. Asking my parents to do things for me
- B. Knowing what supports help me get what I need
- C. Waiting to see what happens, and hope it goes well

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



Laws Supporting Self-Advocacy

What is the federal law protecting people with disabilities from discrimination? *(Hint: it starts with an "A")*

- **Americans with Disabilities Act (ADA)**



Laws Supporting Self-Advocacy

What is the federal law protecting students in special education, and promoting inclusion? *(Hint: starts with an "I")*

- **Individuals with Disabilities in Education Act (IDEA)**



Laws Supporting Self-Advocacy

What is the written plan for special education which has your support needs and goals for the future? *(Hint: it starts with an "I")*

- **Individualized Education Program (IEP)**



Self-Advocacy Examples

Give an example of how you can self-advocate at...

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



Self-Regulation has to do with:

- A. Paying attention to how I am feeling and acting
- B. Only being positive and never negative
- C. Expecting others to feel the same way I do



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



Some ways to self-regulate are:

- A. Counting to 10
- B. Taking a walk
- C. Talking to my family
- D. All of the above



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



Name some strategies you came up with on your home activity you might use to self-regulate



Decision-Making and Problem-Solving



Decisions and Problems

Decision:

- Making a choice between different choices (or options)
- Can make us anxious
- Can make us get stuck

Problem:

- Something that's hard or difficult or gets in the way
- It is hard to make a decision
- Can make us anxious
- Can make us get stuck



Decision-Making and Problem-Solving

Decision-Making

- Making a choice about an action to take
- Can be quick or take time
- Is a process
- Includes problem-solving and choice making
- Decide on BEST option

Problem-Solving

- Thinking about options
- Looking at pros and cons (pluses and minuses) of each option
- Part of decision making



Getting Stuck



- We aren't sure what to do next
- Our brain or thinking gets stuck
- We may get upset, frustrated, angry, confused, anxious, or depressed



Getting **Un**-Stuck



Some people...

- Don't do anything
- Try to solve the problem

Getting **Un**-Stuck



Instead of getting upset when we get stuck, it's important to notice we are stuck, think about how to solve the problem, and get help if we need it

Getting Stuck-Example

- **Example:** you want peanut butter jelly for lunch, but you are out of jelly

- I want help now: *Mom, I need you to go to the store and buy jelly right now!*
- I don't do anything: *Oh well, I won't eat lunch today.*

Getting Stuck-Example

• **Example:** you want peanut butter jelly for lunch, but you are out of jelly

• I say the first thing I think of: *I am frustrated, I throw my sandwich with only peanut butter in the garbage*

• I try to solve the problem....how?
• *I pick something else to eat today (and let mom know we are out of jelly!)*



Getting Stuck-Examples

Other examples:

- At school: you are confused about your math homework
- At home: you realize you sent a text to the wrong person asking about an assignment
- At work: you finish a task and do not know what to do next
- In the community: you are at the library and cannot find the book you are looking for



Getting Stuck

Stuck on an Escalator



Problems: Big Deal-Little Deal

Can I Solve this On My Own?

Big Deals

- Something unsafe
- Something illegal
- Something that breaks the rules
- Makes us stuck
- May need help solving

Little Deals

- Something that is annoying
- Something you don't like
- No one gets hurt
- Can be taken care of quickly
- Could get stuck
- YOU usually can solve on your own





Big Deal or Little Deal?

<p>Cutting in line A fire in your house</p> <p>An angry customer at work</p> <p>Physically hitting someone</p> <p>Dropping a pencil</p> <p>Spilled milk on my shirt</p> <p>Stealing money</p> <p>No pizza left for lunch at cafeteria</p>	<p>Little Deal</p> <p>Cutting in line</p> <p>Dropping a pencil</p> <p>Spilled milk on my shirt</p> <p>No pizza left for lunch at cafeteria</p>	<p>Big Deal</p> <p>A fire in your house</p> <p>An angry customer at work</p> <p>Physically hitting someone</p> <p>Stealing money</p>
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Mistakes

- Type of problem
- Everyone makes mistakes
- Own it
- Sometimes need to apologize (if it affects someone else)
- Can be a big or little deal
- Take steps to not make the same mistake again

Decision-Making



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Decisions

- Thinking about how to handle a situation now or in the future
- Big deal or little deal
- May need to problem-solve (involving 2 or more options or choices)
- May be positive or negative decisions
- May need help from others
- Can cause stress and anxiety



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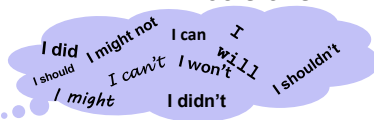
Choices

- Simpler decisions
- Make daily
- Based on preferences
- Needs little thinking
- Usually make on our own choices
- Examples:
 - Do I want an apple or donut?
 - Do I wear my green hat or blue hat?
 - Do I walk or take the bus
 - Do I buy a new game today or next week?
 - Do I do my homework now or after dinner?
 - Do I ask for help or not?




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Decisions




- Thoughts can pop in and out of our minds
- Choosing can be very hard
- We may not always make the best choice
- More than snap decisions
- Big deal or little deal
- Problem-solving may help



Snap Decisions



- Quick or easy decisions not needing much thought
- Not usually good for big deals
- May not think about what will happen if we make the decision (consequences), also called impulsive
- Sometimes snap decisions are ok
- Examples
 - I had fries yesterday, today I'll have chips
 - It looks like it's going to rain, I should take my umbrella





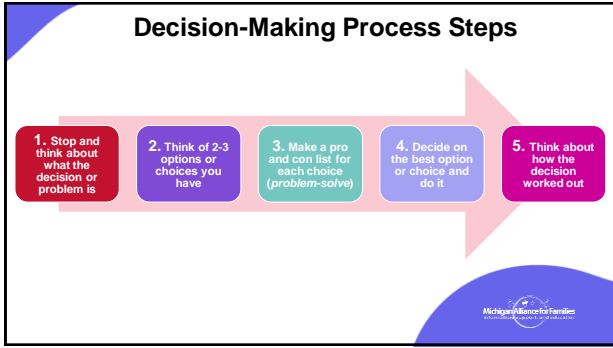
Snap Decisions

What one is a SNAP decision below?

- A. Deciding what job you will do in the future
- B. The goals you want in your IEP
- C. My blue shoes are wet, I'll wear my black shoes

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



Decision Making Process

Step 1
Stop and think about what the decision or problem is

*Think: Is this a problem that's a **big deal**? Am I **stuck**?*

Example:
My friend asked me to play online video games tonight, but I need to do my homework because I have a test Friday. **I think I have a decision to make!**

- I feel **stuck**—I need to look at my options!


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Decision-Making Process


Step 2
Think of 2-3 options (choices) you have for making your decision

What are my options or choices?

1. Do my homework tonight



OR



2. Play online video games with my friend tonight

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Step 3 Make a pro and con list for each option or choice

Decision-Making Process

Problem-Solve: write down the pros (+) and cons (-) of my options of doing homework or playing games.

	Option 1-do homework tonight	Option 2-play games tonight
Pros (+)	<ul style="list-style-type: none"> . I may get a better grade . I don't fall behind in school . I will feel good when it is done 	<ul style="list-style-type: none"> . I get to play with my friend . I might win at the game . My friend will be happy
Cons (-)	<ul style="list-style-type: none"> . I miss time with my friend . I will miss out on fun 	<ul style="list-style-type: none"> . I will feel guilty about homework . I will get a bad grade on my homework . I might not do well on my test

- Think about each option (choice) and the pros and cons of each and what will happen if you pick each option
- Ask your family, friends, teachers, or someone you trust to help you with thinking about pros and cons
- This is problem-solving





Step 4 Decide on the best option or choice and follow-through

Decision-Making and Problem-Solving

What is my decision? I do my homework tonight that is due tomorrow or play video games tonight with my online friend...

Decision that is best for ME: I really want to play games, but my homework grade is important, and I have a test this week the homework covers. I can ask my friend to play another time.



Step 5 Think about how the decision worked out

Decision-Making Process


Did it work out?

Was it a good decision?


- Yes-I did my homework and handed it on time and got a B on my test!

Making your own decisions and solving your own problems increases your **self-determination and can help you be more **independent****





I'm confident in my decision.



Decision-Making includes...

- A. 5 steps to help you make a decision
- B. You make your best guess for a decision
- C. Only looking at the cons (or negative or minuses) of options



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

An example of using decision-making in your IEP would be:

- A. Having your IEP team make all the decisions on your transition goal
- B. Your taking part in decision-making about your goals on your IEP
- C. You making a *snap decision* on your transition goal

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

Problem Solving...

You are in English class and there are 5 minutes until the lunch bell rings. You are confused about today's assignment and are worried you won't be able to do tonight's homework.



Is this a big or little deal?
What can you do?



Problem Solving...

You are at work and realize you forgot your password for the computer to put your work time in. You have co-workers and your supervisor nearby.



Is this a big or little deal?
What can you do?



Problem-Solving and Decision-Making

Choices: Simpler Decisions
• Little thought needed
• Everyday decisions

Decisions and Problems
• Big deal-little deal (big deal use decision-making process)
• Everyday decisions, snap decisions, future decisions
• We are stuck or made a mistake

Decision-Making Process (5 steps) → Problem-Solving
• Big deal-sometimes little deals
• Important decisions or future decisions
• Because we are stuck or made a mistake

Problem-Solving
• Look at pros and cons of each option before deciding



Decision-Making Practice

Situation 1


You have a substitute teacher who does not know where materials are in the classroom. You know where they are, but you are not sure if you should say something.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?



Decision-Making Practice

Situation 2


You are rushing to get to school on time, and you trip and fall on your way out the door, cutting your arm. It's bleeding and needs a Band-Aid, and you are already late for class.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?



Decision-Making Practice

Situation 3


You realize you forgot to lock the door when you took the recycle out at work. You are concerned it will be unlocked overnight.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option


Make the decision: My decision is...
How did the decision work out?



Home Activities (Review Next Week)





Decision-Making and Problem-Solving




Home Activity-Checklist

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




Decision-Making and Problem-Solving



Big Deal-Little Deal Home Activity

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



Decision-Making and Problem-Solving

Decision-Making and Problem-Solving Home Activity

- Written or complete with pictures

Next Steps:

1. Review your Home Activities Checklist
2. Review Additional Resources on self-determination, decision-making, and problem-solving

We are here to support you!

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

Call: 800-552-4821

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Michigan Alliance for Families

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