

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

Stacie Rulison, Facilitator



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**Welcome Back**

Your Name 

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



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**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



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### 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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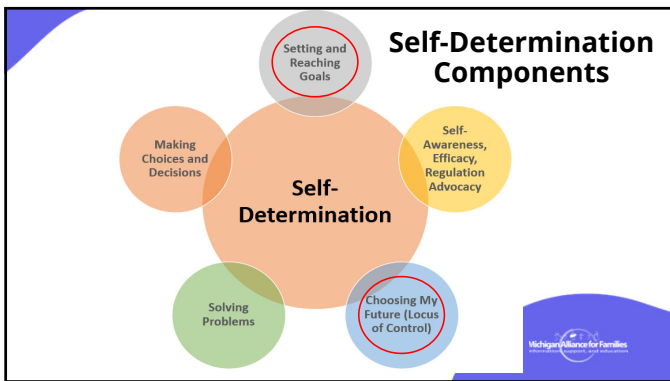
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**When we problem-solve, we look at:**

- A. 1 option and go with it
- B. Making 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)*

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**Review**

The decision-making process includes 2 steps or 5 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?)

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**Review**

Snap decisions are decisions we think long and hard about before making a decision (True or False)

- False




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**Review**

When we get stuck on an idea, it means:

- A. We can't make a decision, which may make us frustrated, angry, or upset
- B. We make a pretty quick decision so we can move on

• **A**

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**Review**

We usually need to problem-solve for *big* deals or *little* deals?

- **Usually-BIG deals**




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**Review**



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

- **True**



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**Review**



**Decision-making...**

A. Is the same thing as problem-solving

B. Includes problem-solving

- A

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

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**Some places I can make decisions are:**



A. Home

B. School

C. In the community

D. All of the above

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

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**Home Activity**

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

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# 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
- 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
- Able to manage ourselves better
- Increases independence



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### Where Can We Set Goals?

- Home
- School
- In the community
- Employment
- Any where you choose




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### Goal-Setting Can Be Difficult



- Not sure what a goal is
- Don't know how to set goals
- Hard to define goals
- Hard to start working on goals
- Hard to keeping working on goals
- 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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### Timing of Goals May be Different for Everyone



- Timing may depend on the person
- Timing based on where you start working on a goal

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### What Type of Goal Is It?

Take a vacation to Europe	✓ Life Goal or long-term
Get a C in Math this semester	✓ Short or long-term goal
Use a calendar with reminders	✓ Short-Term goal
Get a part-time job within 6 months	✓ Long-Term goal
Use self-regulation strategy to reduce anxiety in new situations	✓ Short- or long-term goal
Get a bachelor's degree	✓ Life or long-term goal

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

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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 or long-term goal
- Losing 10 pounds
  - Short- or long-term
- Getting a job working with animals
  - Long-term or life goal



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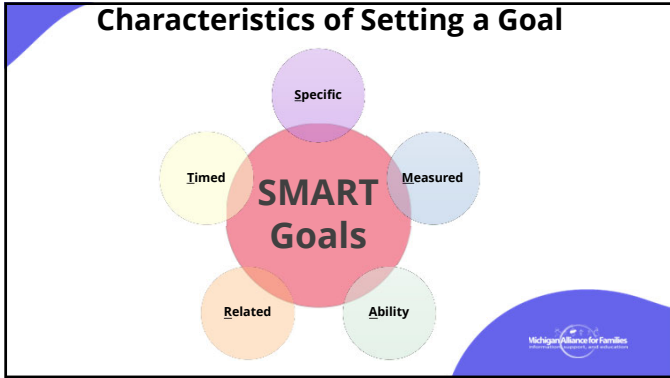
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- ### SMART Goals
- **S**pecific: exactly what you plan to do
  - **M**easured: you know when you met the goal
  - **A**bility: it's possible to meet your goal
  - **R**elated: it's important to you, your growth, your vision of the future
  - **T**imed: start and end date for your goal
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### How to Start Goal Setting

**Start SMALL!**

- Start with short-term goals
- Think about something you want to do or get better at that might not be too hard
- Only has a few steps to reach the goal
- Easy to know you have reached the goal
- Not many problems to reach your goal

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### Short—Term Goal Example

**1. Define the goal (SMART: it needs to be SPECIFIC and I must have the ABILITY to meet the goal, and it needs to be RELATED to me and my needs or wants**

- Something you want to learn or start doing on your own
- Goal must be SMART

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



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### Short-Term Goal Example



**2. Date for completing my goal (SMART: it is TIMED with a date to reach the goal)**

*Example: I will start making my haircut appointments by December 1, 2023.*



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### Example Goal Step 3

#### 3. Create a plan to meet the goal (SMART: MEASURED—I will do these 3 things to reach my goal)

To reach my goal, I will do these 3 things:

1. I will check Katy's schedule online for the next month (Katy is my stylist) to see when she can cut my hair and find a date she is available, and I am available too
2. I will role play calling Katy with my mom before I call for real.
3. I will call Katy and ask to schedule an appointment with her and put it on my calendar.




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### Example Goal Step 4

#### 4. How I will know I reached my goal.

- When I complete all 3 steps.

*Example: I will know I reached my goal when I do all 3 steps and have an appointment scheduled with Katy and written on my calendar.*




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### Example Goal-Considerations

#### 2 things that will help me stick to my goal

1. Having my mom help me and check my goal information and checking before and after I every one of my goal steps
2. I will feel good about myself for scheduling my own appointment

#### Things that might give me problems meeting my goal (think about how you might handle these while you are setting up your goal)

1. Katy might not be available to cut my hair when I am available
2. I may not be able to get a ride there depending on my mom's work schedule




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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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**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 short-term goals
- 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
- Use your SPIN to think about new goals



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## Goal-Setting Template

**Goal Setting Worksheet** Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. My goal (SPECIFIC goal you have the ABILITY to do and is RELATED to something about you)**  
My goal is a \_\_\_\_\_ Goal \_\_\_\_\_ Term Goal \_\_\_\_\_ Short-Term Goal (You may need to break this Long-Term Goal into Short-Term goals)  
My goal is to: \_\_\_\_\_

**2. (TIMED) My goal will be completed by:**  
Date: \_\_\_\_\_

**3. (MEASURED) To reach my goal, I will do these 3 things:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**4. I will know when I reached my goal because (or how will you know you reached your goal):**

**5. Things that will help me stick to my goal are:**

1. \_\_\_\_\_
2. \_\_\_\_\_

**Things that might give me problems meeting my goal (think about this before you start working on your goal):**

**All Goals should be SMART!**

- **Specific:** exactly what you plan to do
- **Measurable:** you know when you reach the goal
- **Attainable:** know you can reach the goal
- **Relevant:** it is about you and what you want and need
- **Timed:** there is a beginning and ending time for the goal

**Types of Goals:**

- **Short-term goals:** take a few days to 2 months to complete
- **Long-term goals:** take 3-12 months to complete
- **Life goals:** take over 12 months to complete (can be broken down into short-term goals)

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## Goal-Setting Template-Sample

**SAMPLE Goal Setting Worksheet** Name: \_\_\_\_\_ Date: \_\_\_\_\_

**1. My goal (SPECIFIC goal you have the ABILITY to do and is RELATED to something about you)**  
My goal is a \_\_\_\_\_ Goal \_\_\_\_\_ Term Goal \_\_\_\_\_ Short-Term Goal (You may need to break this Long-Term Goal into Short-Term goals)  
My goal is to: \_\_\_\_\_

**2. (TIMED) My goal will be completed by:**  
Date: December 1, 2023

**3. (MEASURED) To reach my goal, I will do these 3 things:**

1. I will check every schedule for the next month (Date is my initial to see what date can my bus and that date to a weekly, and see available bus.
2. I will call every calling day with my mom before I call for real.
3. I will call every and ask to schedule an appointment with her and put it on my calendar.

**4. I will know when I reached my goal because (or how will you know you reached your goal):**  
When I complete all 3 steps to reach my goal (or Date) and have an appointment with my schedule and the date written on my calendar.

**5. Things that will help me stick to my goal are:**

1. Having my mom help me and check my goal information and checking before and after every one of my goal dates.
2. I will feel good about myself for scheduling my own appointments.

**Things that might give me problems meeting my goal (think about this before you start working on your goal):**

1. Every might not be available to call me but when I am available.
2. There is no other to give a ride there depending on my mom's work.

**All Goals should be SMART!**

- **Specific:** exactly what you plan to do
- **Measurable:** you know when you reach the goal
- **Attainable:** know you can reach the goal
- **Relevant:** it is about you and what you want and need
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**Types of Goals:**

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**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)**

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

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**Locus of Control (Self-Belief)**

**I control my own destiny (or future)**

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**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 things that affect your life
- How you feel about yourself affects 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

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### 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”






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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 for Self-Esteem

Positive self-talk is something you say to yourself when you're not feeling very confident. It should be something that helps you feel better about yourself and your strengths. Read the statements below and see which ones you could use the next time you're lacking self-esteem. In the empty speech bubbles, write in your own positive self-talk.

There are some things that I just can't do well yet. I can choose to get better!

Other people can say what they want about me. I get to decide what's true!

I'm glad that I'm different. I like myself just the way that I am.

It was just one mistake. It happens to everyone!

Being mean to myself will only make me feel worse. What is something nice to say?

Things didn't work out for me, but I can still look on the bright side.

I don't have to be perfect. Just have to give it my best effort.


What would I say to a friend that was feeling the same way?

What are five good things about myself that I know to be true?

I don't need to compare myself to others. We all have different strengths!

What would the people who love me say about me?

What do I have control over that can change to improve my self-esteem?



## 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 \_\_\_\_\_

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### 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.





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### Who Controls What-Group Activity

Do you have control over the following (yes or no)

- Picking your favorite cold drink?
- What homework will be assigned?
- Selecting your favorite ice cream?
- Getting a job?
- Whether the school 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?


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**Which statements below do and do not show self-belief?**



- A. I know I can finish school.
  - Yes-shows self belief!
- B. I know my strengths and areas of need.
  - Yes-shows self belief!
- C. I know it's up to only my parent's to get me through school
  - No-does not show self belief!
- D. I know I have a huge part of what I do in the future and for my independence.
  - Yes-shows self belief!



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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 \(BSBP\)](#)
  - 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

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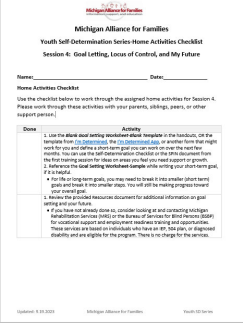
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# Home Activity Checklist



- 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**

*You are*  
**AMAZING**

*You are*  
**BRAVE**

*You are*  
**STRONG**

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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En Español 313-217-1060  
Statewide Email: [info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)



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