

Self- Determination in the IEP



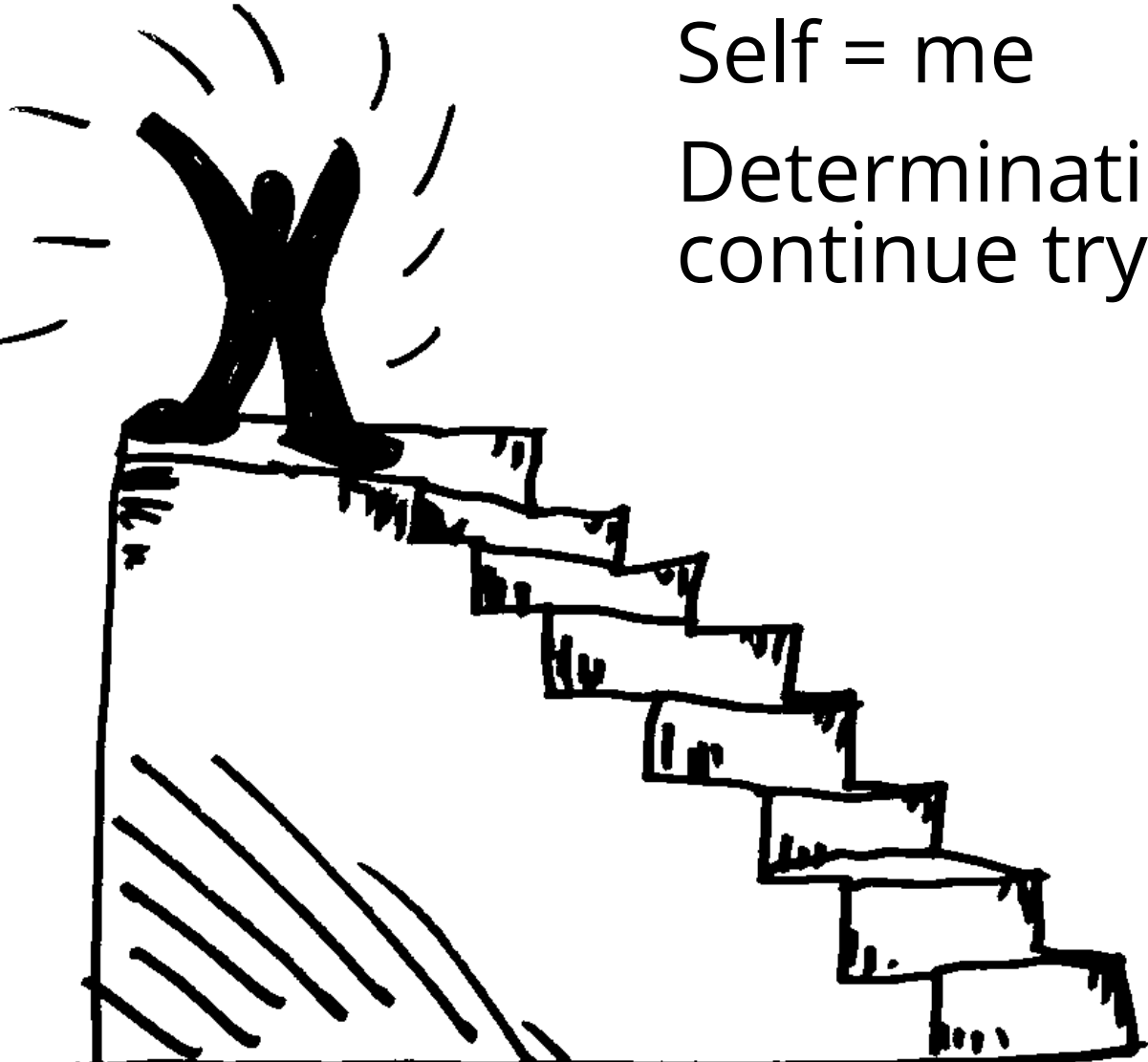
**What comes to
mind when you
think of “self-
determination”?**

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

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

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



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

<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.

Abilities



Elements of Self-Determination - Abilities

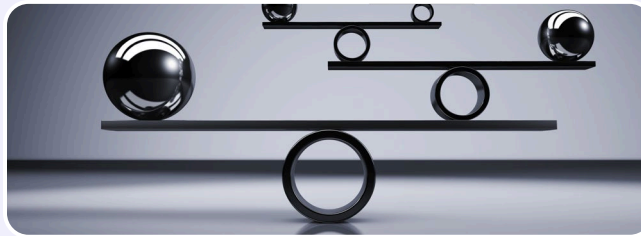
- Goal Setting and Attainment: the ability to develop a goal, plan for implementation, and measure success
- Self-Regulation: the ability to monitor and control one's own behaviors, actions, and skills in various situations
- Self-Advocacy: the skills necessary to speak up and / or defend a cause or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

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

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
Lc	Ef	Aw

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

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.

Elements of I'm Determined

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

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

Beliefs

INTERNAL LOCUS OF CONTROL

The belief that one has control over outcomes that are important to his or her own life

Lc

SELF-EFFICACY

Belief in one's own ability to succeed in specific situations or accomplish specific tasks

Ef

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>)

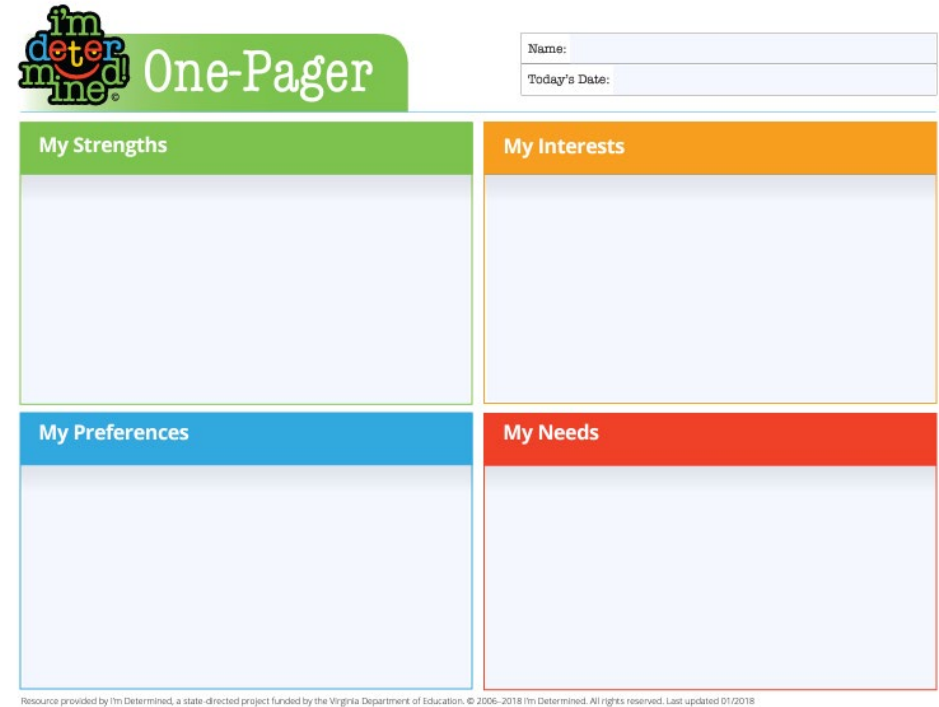
[I'm Determined Self-Determination Checklist](https://www.imdetermined.org/wp-content/uploads/2018/01/selfdeterminationcheckliststudentsself-assessment.pdf) – Two pages – most of the time / sometimes / rarely scale and open questions about goals and understanding rights (<https://www.imdetermined.org/wp-content/uploads/2018/01/selfdeterminationcheckliststudentss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

<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 boxes: "My Strengths" (green), "My Interests" (orange), "My Preferences" (blue), and "My Needs" (red). Each box is empty for user input. 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: <input type="text"/>	
Today's Date: <input type="text"/>	
My Strengths	My Interests
<input type="text"/>	<input type="text"/>
My Preferences	My Needs
<input type="text"/>	<input type="text"/>

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



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?

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

TODAY'S PLAN		DATE: _____	
TOP PRIORITIES		DAILY SCHEDULE	
1.		6:00	
2.		7:00	
3.		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	
		9:00	
		10:00	
		11:00	
		12:00	
		1:00	
		2:00	
		3:00	
		4:00	
		5:00	
		6:00	
		7:00	
		8:00	

My Needs

To move outside

Sunshine / Vitamin D

7 hours of sleep / to sleep on a schedule



Questions?

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

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

Beliefs

INTERNAL LOCUS OF CONTROL

The belief that one has control over outcomes that are important to his or her own life

Lc

SELF-EFFICACY

Belief in one's own ability to succeed in specific situations or accomplish specific tasks

Ef

SELF-AWARENESS

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

Aw

We are here to support you!



@MichiganAllianceForFamilies



@michiganallianceforfamilies



/MichiganAlliance

For more information visit

www.michiganallianceforfamilies.org

Call 800-552-4821

En Español 313-217-1060

لغة العربية 248-963-0607

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

1-800-552-4821

info@michiganallianceforfamilies.org

