

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

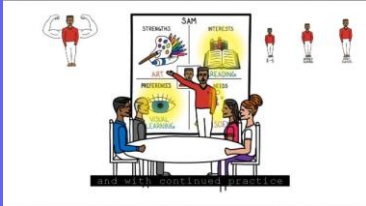
Supplementary Aids and Services

- Assure access to regular education classes, other education-related settings, and in extracurricular and nonacademic settings

Individualized Education Program



Self-Determination



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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 identifying a path forward for making one's own decisions.	DECISION MAKING The skill of planning a path forward based on one's own interests and values, and being able to make a choice.	PROBLEM SOLVING The skill of finding solutions to difficult or complex issues.
Cm	Dm	Ps
GOAL SETTING & ATTAINMENT The skill of setting a goal, planning, and achieving it.	SELF-REGULATION The ability to monitor and adjust one's behavior to meet one's needs.	SELF-ADVOCACY The skill of expressing one's needs and preferences to others.
Gs	Re	Ad
INTERNAL LOCUS OF CONTROL The belief that one's own actions are responsible for one's outcomes.	SELF-EFFICACY The belief in one's own ability to succeed in specific situations or accomplish specific tasks.	SELF-AWARENESS The skill of knowing one's own strengths, weaknesses, and needs.
Lc	Ef	Aw

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Skills

CHOICE MAKING The skill of identifying a path forward for making one's own decisions.	DECISION MAKING The skill of planning a path forward based on one's own interests and values, and being able to make a choice.	PROBLEM SOLVING The skill of finding solutions to difficult or complex issues.
Cm	Dm	Ps

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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



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Abilities

GOAL SETTING & ATTAINMENT	SELF-REGULATION	SELF-ADVOCACY
Gs	Re	Ad

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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

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Opportunity to Practice - Abilities

 <p>Goal Setting</p> <ul style="list-style-type: none"> • Set and adjust • How to plan (steps) 	 <p>Self-Regulation</p> <ul style="list-style-type: none"> • Coping skills • When to take a break 	 <p>Self Advocacy</p> <ul style="list-style-type: none"> • Knowledge of rights • How to communicate strengths, preference, interest, and needs (SPIN)
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PLAAFP	<ul style="list-style-type: none"> • Checklist • Experience
Goals	<ul style="list-style-type: none"> • Asking for help • Setting own IEP / transition goals and steps • Teach the tools to use the tools
Supplementary Aids and Services	<ul style="list-style-type: none"> • Visual Organizer • SPIN One Pager

Abilities in the IEP



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Beliefs

INTERNAL LOCUS OF CONTROL Lc One has control over outcomes that are important to their own life.	SELF-EFFICACY Ef Belief in one's own ability to succeed in specific situations or accomplish specific tasks.	SELF-AWARENESS Aw Understanding of one's own strengths, needs, and abilities.
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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

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Responsibility

You have a valued role in your community and agree to use public dollars wisely.



Elements of I'm Determined

The Elements of I'm Determined comprises the essential skills, abilities, and beliefs necessary for increasing self-determination skills.

Skills

Abilities

Beliefs

CHOICE MAKING The skill of selecting a path forward based on personal preferences and needs.	DECISION MAKING The skill of selecting a path forward based on personal preferences and needs.	PROBLEM SOLVING The skill of finding solutions to difficult or complex issues.
Cm	Dm	Ps
GOAL SETTING & ATTAINMENT The ability to identify a goal, plan for achievement, and take action to achieve it.	SELF-REGULATION The ability to monitor and control one's emotions, actions, and thoughts to reach a goal.	SELF-ADVOCACY The ability to express one's needs and preferences to others.
Gs	Re	Ad
INTERNAL LOCUS OF CONTROL The belief that one has control over one's own life and outcomes.	SELF-EFFICACY The belief in one's own ability to succeed in specific situations or accomplish specific tasks.	SELF-AWARENESS The ability to understand one's own thoughts, feelings, and actions.
Lc	Ef	Aw


Self-Determination Checklists

Self-Determination Inventory - 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 – 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/selfdeterminationcheckliststudentself-assessment.pdf>)

Adolescent Autonomy Checklist – 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](https://www.ohsu.edu/sites/default/files/2018-12/Adolescent%20Autonomy%20Checklist%20updated.pdf))

Transition Skills Checklist – Broken down by category (Communication, Self-Awareness, Self-Advocacy, Activities of Daily Living, Safety, Vision / Hearing, etc.) Checklist is yes or no. (<https://waismanuceedd.wiscweb.wisc.edu/wp-content/uploads/sites/74/2017/05/HTSC.pdf>)




I'm Determined One-Pager

I'm Determined One-Pager	
Student: _____ Teacher's Name: _____	
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: <ul style="list-style-type: none"> • 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?





One-Pager

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

My Needs

To move outside

Sunshine / Vitamin D

7 hours of sleep / to sleep on a schedule

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Questions?

Skills	CHOICE MAKING Cm <small>The skill of developing a path forward for when two options appear</small>	DECISION MAKING Dm <small>The skill of gathering and research based on facts and evidence that leads to a choice that is the most appropriate</small>	PROBLEM SOLVING Ps <small>The skill of finding solutions to difficult or complex issues</small>
Abilities	GOAL SETTING & ATTAINMENT Gs <small>The ability to develop a plan, set goals, and achieve them</small>	SELF-REGULATION Re <small>The ability to monitor and control one's emotions, thoughts, and actions to achieve a goal</small>	SELF-ADVOCACY Ad <small>The ability to speak up and express one's needs or a concern</small>
Beliefs	INTERNAL LOCUS OF CONTROL Lc <small>The belief that one's own actions and decisions are responsible for one's life</small>	SELF-EFFICACY Ef <small>Belief in one's own ability to succeed in specific situations or to accomplish specific tasks</small>	SELF-AWARENESS Aw <small>The understanding of one's own thoughts, feelings, and behaviors</small>

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We are here to support you!

For more information visit:

<https://www.michiganallianceforfamilies.org>

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Michigan Alliance for Families

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