



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Session 4: Goal Letting, Locus of Control, and My Future

Name: _____ Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities for Session 4. Please work through these activities with your parents, siblings, peers, or other support person.

| Done | Activity |
|--------------------------|---|
| <input type="checkbox"/> | <ol style="list-style-type: none">1. Use one of the goal setting templates in the Session 4 handouts to set a small goal.<ul style="list-style-type: none">• You can also reference the goal plan in I'm Determined, the I'm Determined App, or The Arc@School's Student Toolkit (you can download the toolkit including the Goal Plan at this link).2. You can use the Self-Determination Assessment (Checklist) or the SPIN One Pager document from the first training session for ideas on areas you feel you need support or growth.3. Reference the Goal Setting Worksheet samples in the handouts while writing your short-term goal, if it is helpful. Available in the Session 4 handouts.<ul style="list-style-type: none">• You may need to break long-term goals into smaller (short term) goals or steps. You will still be making progress toward your overall goal. |
| <input type="checkbox"/> | <ol style="list-style-type: none">1. Review the provided Resources document for additional information on goal setting and your future. See Session 4 handouts.<ul style="list-style-type: none">• If you have not already done so, consider looking at and contacting Michigan Rehabilitation Services (MRS) or the Bureau of Services for Blind Persons (BSBP) for vocational support and employment readiness training and opportunities. These services are based on individuals who have an IEP, 504 plan, or diagnosed disability and are eligible for the program. There is no charge for the services. |