

Youth Self-Determination Course

with Stacie Rulison

MONDAYS

From 7:00PM to 8:00PM

OCTOBER 20, 2025

OCTOBER 27, 2025

NOVEMBER 3, 2025

NOVEMBER 10, 2025



REGISTER AT: tinyurl.com/YDSfall2025

Teens: Learn to take action in your life to get the things you want and need. This four-week interactive online course can help youth choose and set their own goals, be more involved with decisions making, and learn to advocate for themselves. This course includes assignments and discussions to learn about and practice self-determination.

Areas to be covered include:

- Choice and decision making
- Problem solving
- Setting and reaching goals
- Internal focus of control (looking at who controls your future)
- Self-awareness, regulation, efficacy, and advocacy.

Who should attend? Students and young adults ages 14 and up who have an active IEP. This course is intended for student interaction, come ready to share. Parents are encouraged to support as needed. Youth are asked to commit to attending all four sessions. Registration open 8/25/25 to 9/26/25 (or full).

Questions? Contact:

info@michiganallianceforfamilies.org



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