

# Youth Self-Determination Course

with Stacie Rulison

**THURSDAYS**

From 5:30PM to 6:30PM

**MAY 14, 2026**

**MAY 21, 2026**

**MAY 28, 2026**

**JUNE 4, 2026**



REGISTER AT [tinyurl.com/YSDspring2026](https://tinyurl.com/YSDspring2026)

**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. Registration open 04/13/2026 to 05/12/2026.

**Questions? Contact:**

[info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)



**[michiganallianceforfamilies.org](https://michiganallianceforfamilies.org)**