

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

REGISTRATION OPENS 4/13

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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 4/13/2026 to 5/12/2026 (or full).

Questions? Contact:

info@michiganallianceforfamilies.org



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