

# **Self-Determination Overview, Self-Awareness, and Self-Efficacy**

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**Stacie Rulison, Facilitator**

# Introductions in Chat

Your Name



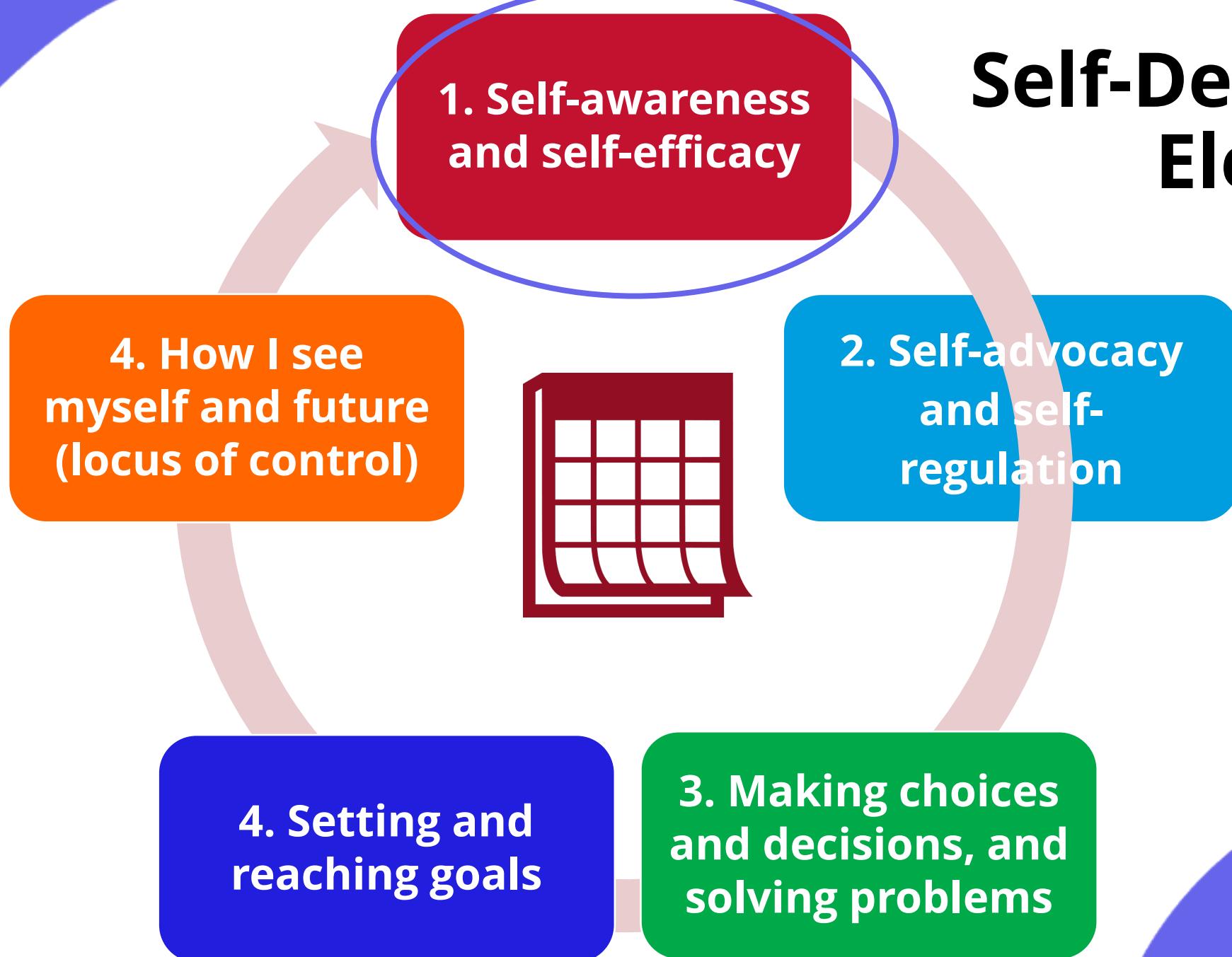
Town You Live In



Favorite thing to do in your spare time



# Self-Determination Elements



# What We Will Do Today

- Talk about self-determination, self-awareness and self-confidence (also called self-efficacy)
- Answer questions in chat
- Watch one or more videos
- Get practice activities to do before next time

# Self-determination means...

- A. Waiting for my parents or teachers to tell me what to do.
- B. Getting help from other people I trust then making my own decision. never needing help.
- C. I should never need help in making decisions.

*(Put A, B, or C for your answer in the chat)*

# Self-Determination



Knowing what I need to  
be in control of **ME** and  
the decisions **I** make!

# Self-Determination



Knowing what **I** **want** in the future and how to plan for it to happen.

# Self-Determination



Knowing what I **need** for **support** to take control of my life.

# Where can we be self-determined?



- Home
- School
- Work
- Healthcare
- Community
- Relationships

A photograph of a person from behind, wearing a bright red jacket and dark pants, walking away down a paved road. The road is flanked by trees, some with full green leaves and others bare, suggesting autumn. The scene is shrouded in a thick, golden-yellow mist or fog, particularly on the right side where the sun is low, casting long shadows and illuminating the bare branches. The overall atmosphere is mysterious and contemplative.

We use self-determination  
**EVERYWHERE!**

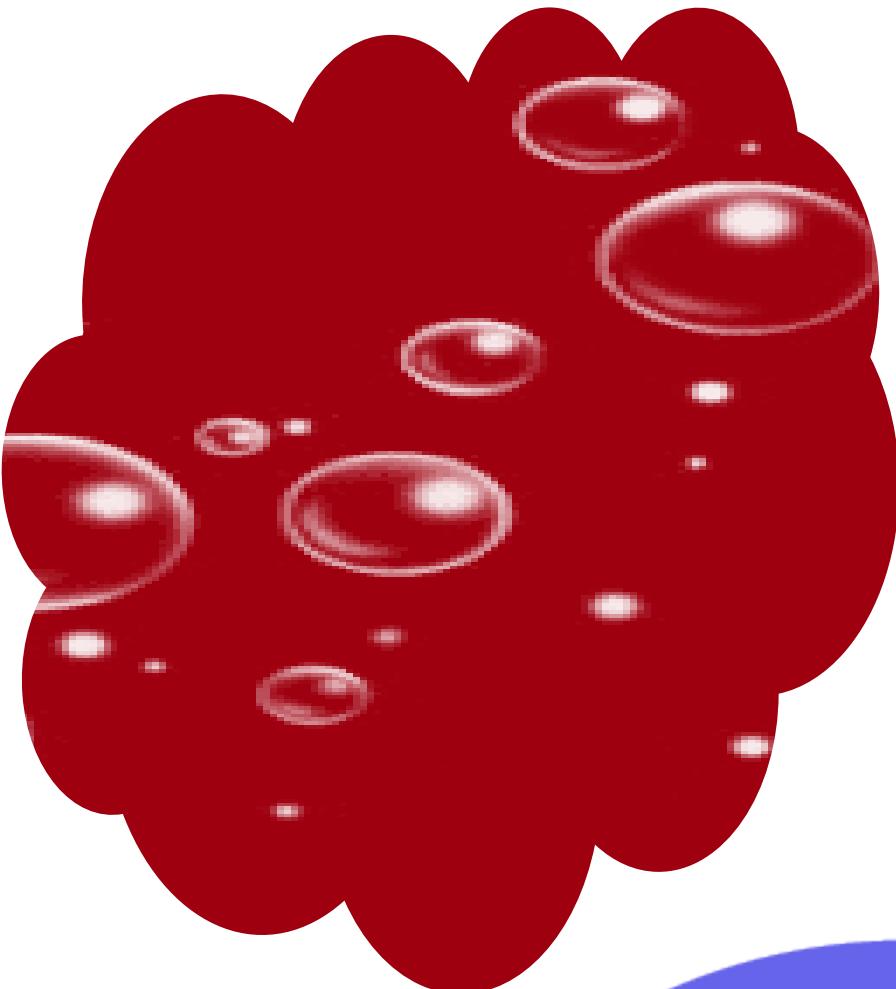
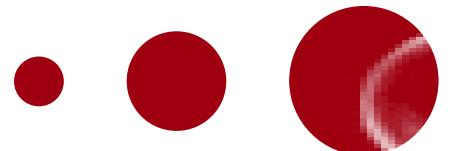
# Self-Awareness and Thoughts



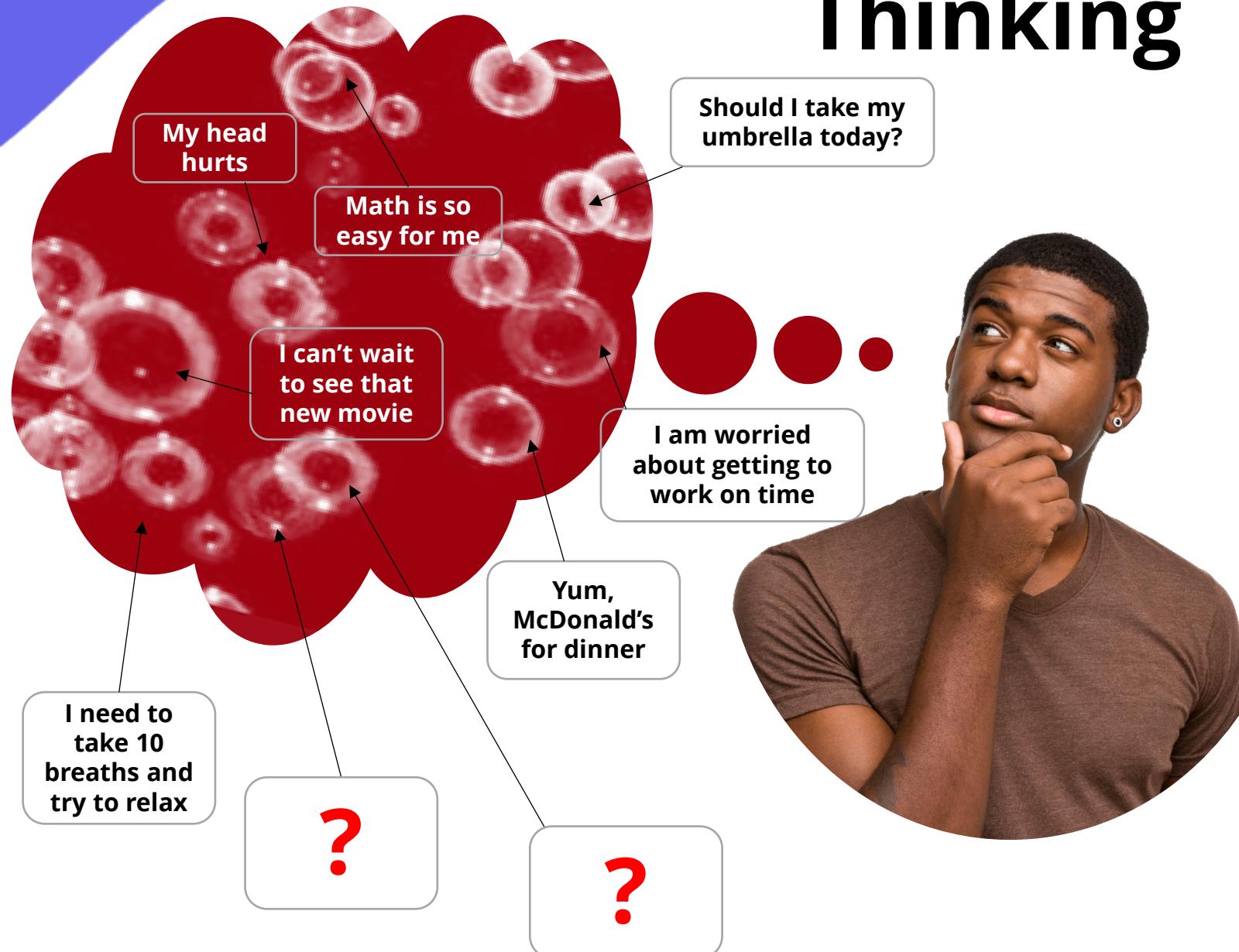
# Thoughts

Our **thoughts** help us be more **self-aware**

Thoughts are like bubbles that pop in and out of our heads with ideas, memories, feelings, and actions



# Thinking



Here are some thoughts popping in and out of his head...

# Knowing about Me

I know myself better when I **think** about...

- What **I** am feeling
- What **I** like to do (my interests)
- What **I** am good at (my strengths)
- What **I** need to work on (my areas to grow)
- What supports **I** need
- How **my** disability might make some things harder
- How **my** actions can affect others



# Other people...

- A. Always have the same thoughts as me
- B. Always have different thoughts than me
- C. Can have the same or different thoughts than me

***(Put A, B, or C in chat!)***



# My Thoughts-Your Thoughts

- I have **my own** thoughts
- Other people have **their own** thoughts
- Sometimes we have the **same** thoughts
- Many times, we have **different** thoughts



# My Thoughts-Your Thoughts

- I like pizza with only pepperoni



- I don't like to play Mario

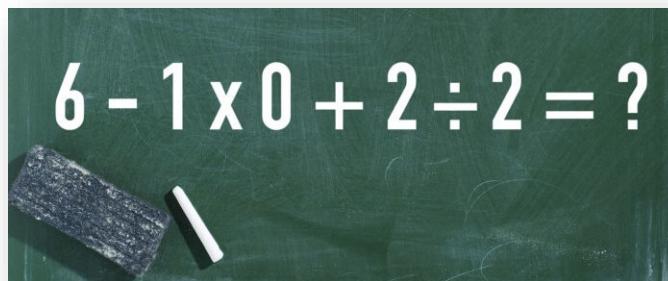


# My Thoughts-Your Thoughts

- I love to make a snowman



- Math is so easy for me



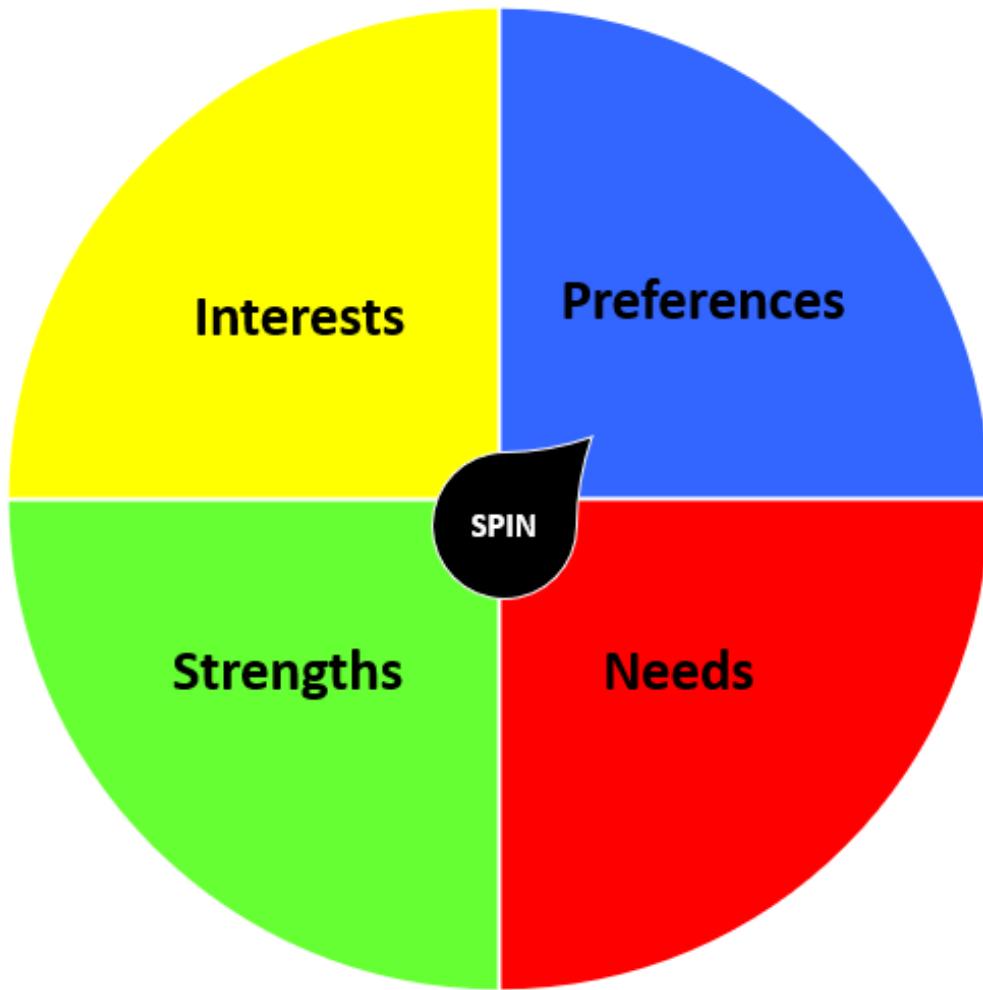
# Are thoughts mostly about...

- A. The past
- B. The present
- C. The future
- D. The past, present, and future



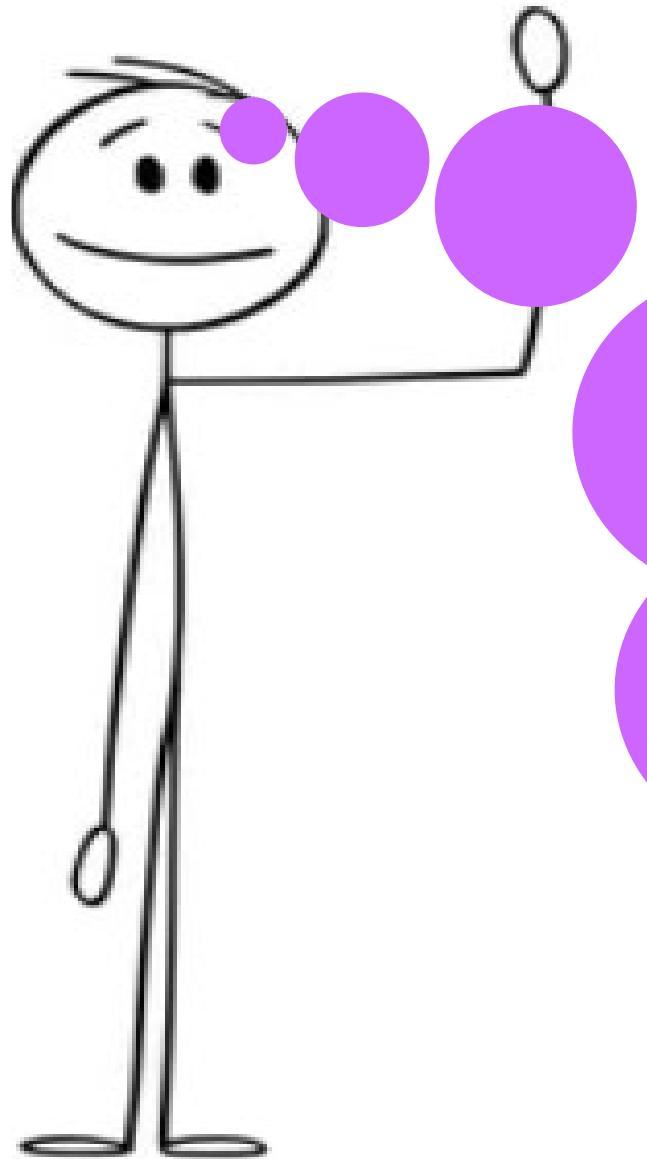
***(Put A, B, C, or D in chat!)***

# Your SPIN



**SPIN=**  
**S**trengths  
**P**references  
**I**nterests  
**N**eeds

# Thinking about our SPIN



**Thinking about your:**

- **Strengths**
  - What I am good at
- **Preferences**
  - What helps me do better or be successful
- **Interests**
  - What I like to do in my free time
- **Needs**
  - What I need help or support with

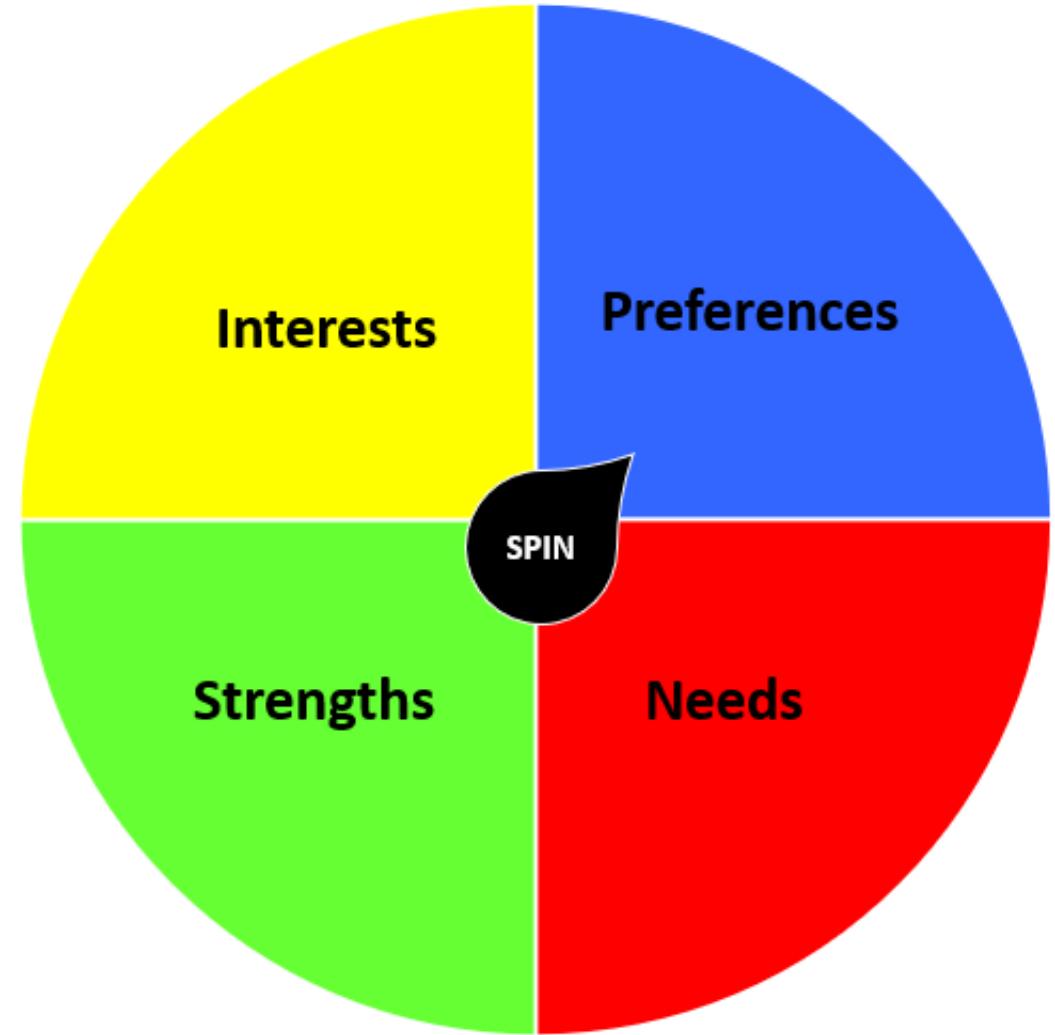
# Strengths

## Strengths are...

- What I am good at

## Examples:

- Staying with the routine
- Finishing tasks independently
- Helping with chores
- Organizing my bedroom
- Using the computer
- English class



# Preferences

- When we like something one way more than another way
- What helps and works for me to think, focus work, or learn-when

## Examples:

- Being around people vs. being alone
- Warm temperatures vs. cold temperatures
- Using a checklist vs. not having it written down
- New situations vs. familiar situations
- Pants with stretchy tops vs. button jeans
- Soft bed vs. firm bed

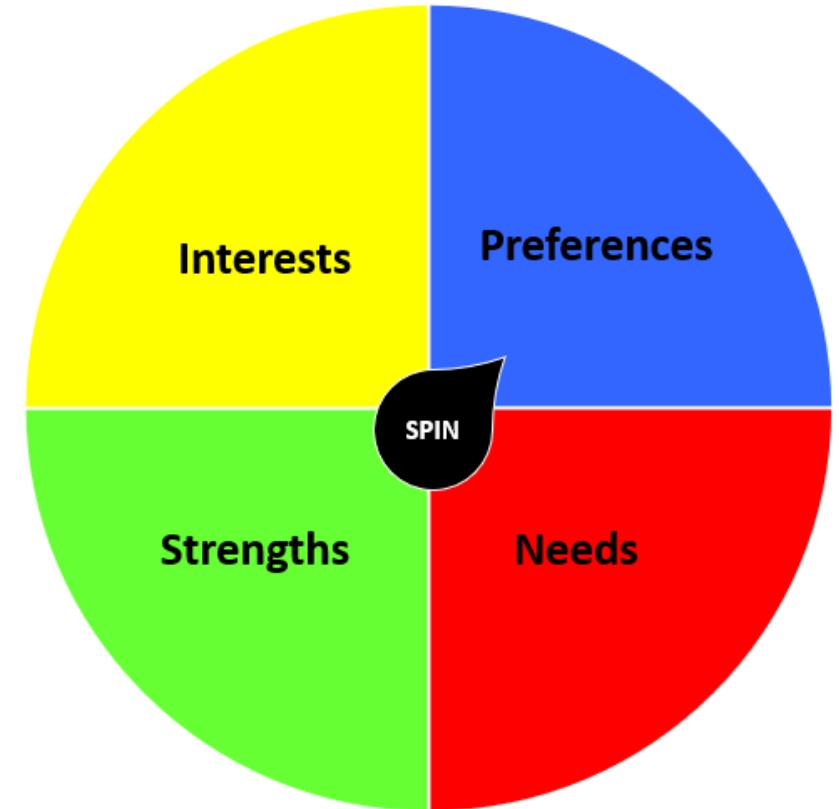


# Interests

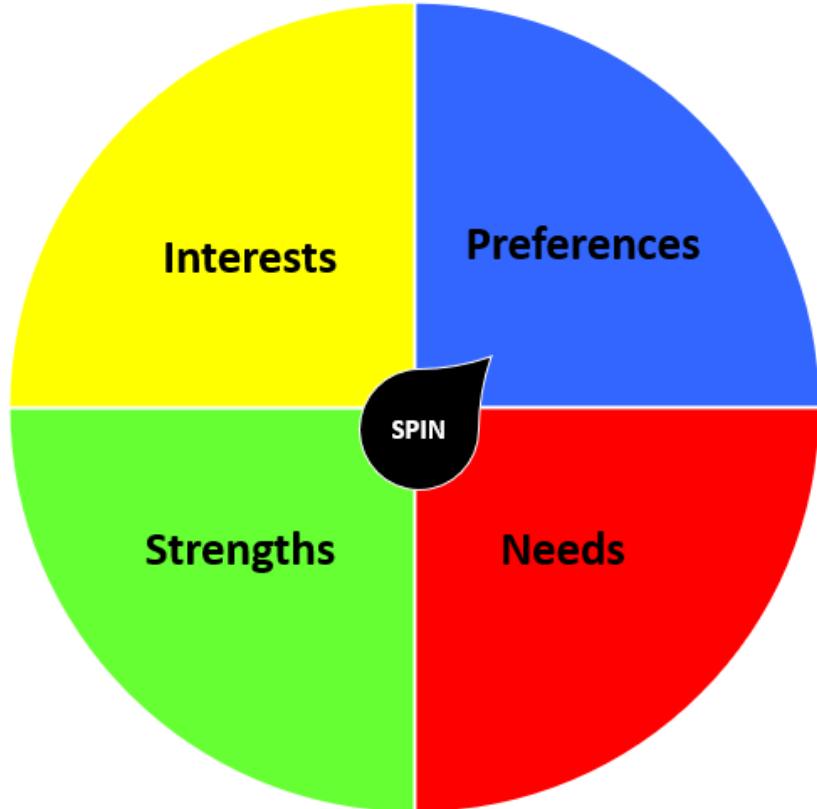
**Interests are...**  
Things I enjoy

## Examples:

- Being with animals
- Listening to music
- Playing an instrument
- Math
- Watching anime
- Baking cookies



# Needs



**Needs: what helps me? What supports do I need?**

## Examples:

- To learn to start conversations
- Help getting up on time
- Use a checklist for daily activities
- Quiet time after work

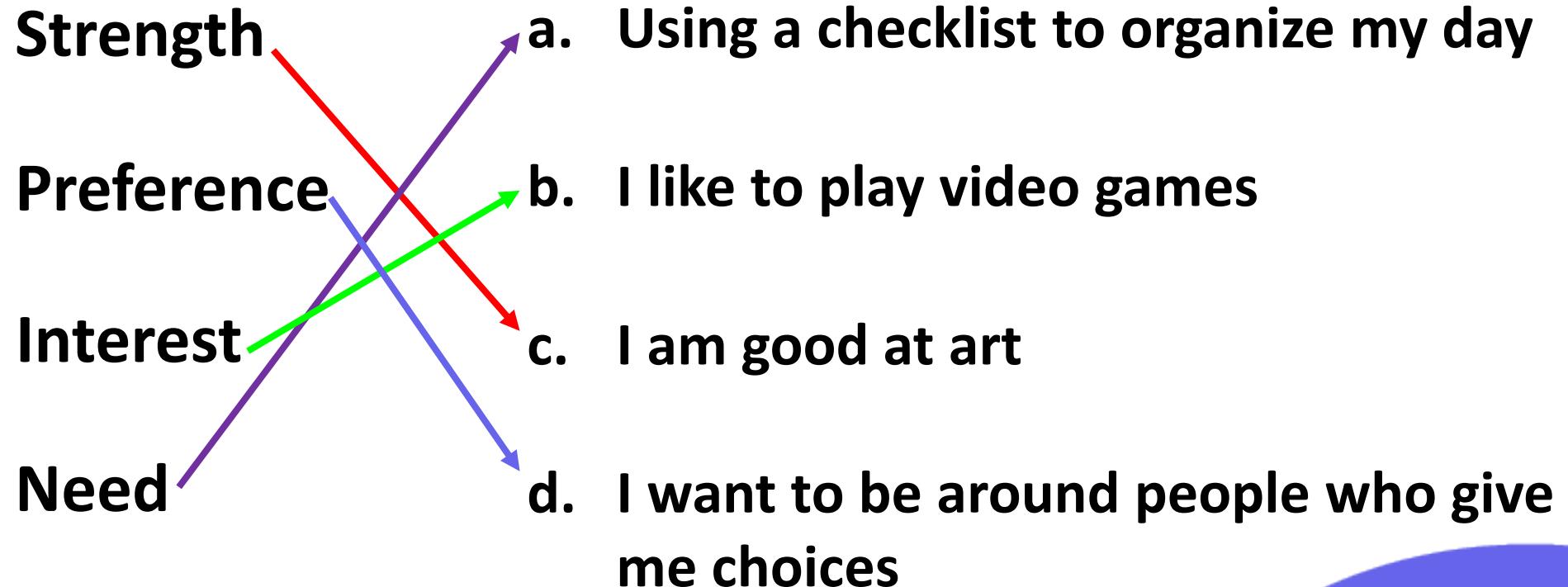
# Where to use your SPIN



- In my Individualized Education Program (IEP) meetings
- At home to do more on my own and take more responsibility
- In the community in becoming more independent

# Self-Awareness

Match the strength, preference, interest, or need (SPIN) with the example:



# Self-Awareness



**Is Felicia's wanting to separate her food a preference or need?**

<https://www.youtube.com/watch?v=EhFKe9A1U4U>

**Preference!**

# Self-Confidence (Self-Efficacy)



# Self-confidence is believing in yourself...



How **you** think  
about and see  
you!

# Self-Confidence

- Thinking about yourself in a good or positive way
- Thinking you can meet your goals
- Having a positive attitude
- Believing in yourself



# Video on Self-Confidence



1. Watch the video <https://www.youtube.com/watch?v=4LdboTq0IP0>
2. Think of one thing you learned or something you thought was positive in the video

# How to increase your self-confidence

- Use positive words or (positive self-talk)
- Focus on your strengths and abilities
- Think more about what you are good at
- Work on areas of need
- Try new things, even if it's hard
- Think about jobs that match your SPIN
- Work with your parents and IEP team



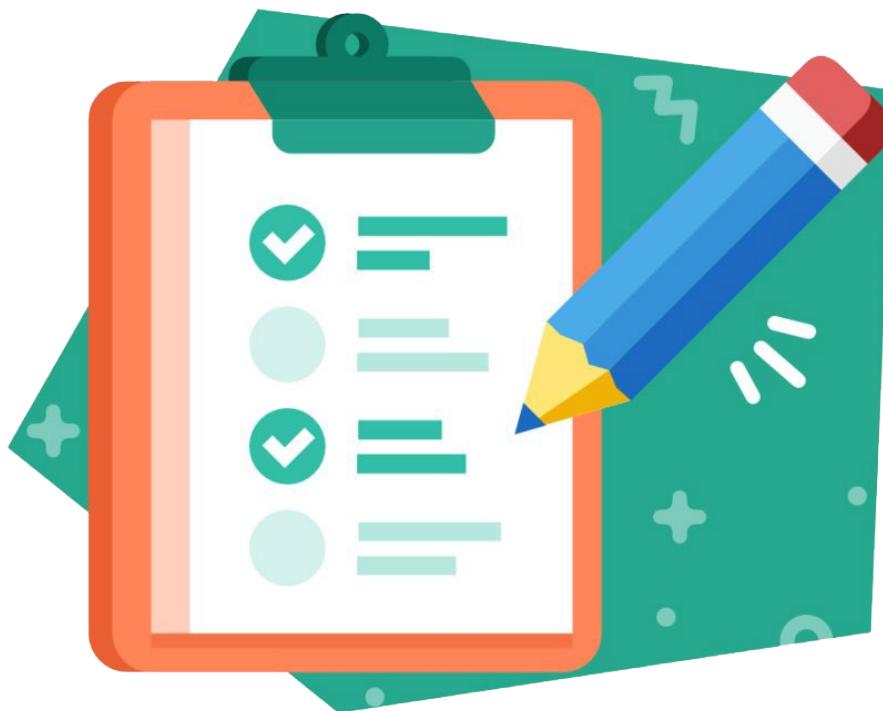
# Self-Confidence

Remember everyone has things they are good at, and things that are harder they need to work on!



# Home Activities

## *(Review Next Week)*





### Youth Self-Determination Series-Home Activities Checklist

#### Session 1: Self Awareness and Self-Efficacy Components of Self-Determination

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Use the checklist below to work through the assigned home activities for Session 1. We will discuss the home activities from Session 1 when we meet for Session 2.

Done	Activity
	<p><u>Activity 1</u></p> <p>1. Complete the <a href="#">I'm Determined Self-Determination Checklist Student Self-Assessment</a></p> <ul style="list-style-type: none"><li>• Pick 2 things you scored a "1" on (rarely or never) or "2" (sometimes) and would like to work on.</li><li>• Optional: Have your parents download the <a href="#">I'm Determined Self-Determination Parent Checklist</a> and talk about how you both answered the questions. Talk about clarify any areas you scored differently.</li></ul>
	<p><u>Activity 2</u></p> <p>1. <a href="#">Download the SPIN One-Pager Template</a> (SPIN=Strengths, Preferences, Interests, Needs)</p> <ul style="list-style-type: none"><li>• For additional information: Go to the <a href="#">I'm Determined One Pager</a> web page on the One Pager, an overview video, and information and videos on each of the SPIN areas, and how to use the One Pager.</li></ul> <p>2. Fill out the <a href="#">SPIN One Pager</a> with your at least 2 strengths, 2 preferences, 2 interests, and 2 needs. <a href="#">One-Pager Video</a>.</p> <ul style="list-style-type: none"><li>• Use SPIN Example List in your handouts for ideas.</li><li>• Use the <a href="#">I'm Determined Self-Determination Checklist Student Self-Assessment</a> (from Activity 1 above) to help with areas you scored "1" or "2" on and want to work on and areas you scored "3" you think you are strong in and do most of the time.</li><li>• Add items in your SPIN for home, school, and in the community</li><li>• Ask your parents or other trusted person for help if you need it</li></ul> <p>3. Share your SPIN information with your parents and your IEP team</p> <ul style="list-style-type: none"><li>• Review and update your SPIN activities for school, home, work, and community goals</li></ul>

# Home Activities Checklist

## Out of Class Activities

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions



# Self-Determination Checklist

Self-Determination Checklist		
Student Self-Assessment		
Student Name: _____		Date: _____
<i>Self-Determination skills help you to know</i>		
<input type="checkbox"/> <i>yourself</i>		
<input type="checkbox"/> <i>your goals</i>		
<input type="checkbox"/> <i>supports you need to reach your goals</i>		
Use the following scale to rate the statements below:		
3 = almost always/most of the time		
2 = sometimes		
1 = rarely or never		
Rating		
3	2	1
I set goals to get what I want or need.		
I make plans for reaching my goals.		
I check my progress on how I am doing toward my goals.		
I attend my IEP Meetings.		
I participate in my IEP Meetings.		
I know the goals listed in my IEP.		
At school, educators listen to me when I talk about what I want or need.		
At home, my parents listen to me when I talk about what I want or need.		
I have others in my life who help me to accomplish my goals.		
I ask for help when I need it.		
I know what I need, what I like and what I enjoy doing.		
I tell others what I need, what I like and what I enjoy doing.		
I help to make choices about the supports (educational services) and accommodations that I need in school.		
I can describe my learning difficulties to others.		
I believe I have control to direct my life.		
I take care of my personal needs (clothes, chores, meals, grooming).		
I make friends with others my age.		
I make good choices.		
I believe that working hard in school will help me to get a good job.		



## Out of Class Activity-1

- Work with your parents, a peer, or mentor to complete if needed

# Self-Determination One-Pager

 **One-Pager**

		Name:  Today's Date:
<b>My Strengths</b>		<b>My Interests</b>
<b>My Preferences</b>		<b>My Needs</b>

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## Out of Class Activity-2

- Written or complete with pictures

# One-Pager Video Overview

<https://vimeo.com/438301870>



# Your Actions for Next Week:

1. Review and follow your Home Activities Checklist)
  - a. Complete the **I'm Determined Self-Determination Checklist Student Assessment**
  - b. Complete the **One Pager SPIN** document
  - c. Review Link **Additional Resources** on self-determination, self-awareness, and self-confidence (self-efficacy)

# We are here to support you!



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



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1-800-552-4821

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

