

## Session 2: Self-Advocacy and Self-Regulation

### Components of Self-Determination

#### Resources

##### Self-Determination

- [I'm Determined Website](#)
- I'm Determined: [Toolbox for Self-Determination](#)
- I'm Determined and ARC-Updated Toolkits with Easy-to-Follow Tools & Resources
  - The ARC@School Student Toolkit: [English Version](#) and [Estudiantes](#) (Spanish Version)
  - The ARC@School Parent Toolkit: [English Version](#) and [Los Padres](#) (Spanish Version)

##### Self-Advocacy

- Michigan Alliance for Families-[Self-Advocacy](#)
- [PEATC Life Skills Checklist](#): focuses on personal, home, and community skills
- Statewide Autism Resources and Training (START): sample [School Independence Goals](#) (All Age Ranges); sample [Home Independence Goal Ideas](#)
- Zarrow Institute on Transition and Self Determination:
  - [Zarrow Institute Self-Determination, Self-Awareness, Self-Advocacy Assessments](#): easy to use self-assessments for areas of independence in life skills
  - [Zarrow Institute on Transition and Self-Determination: Curriculums](#)
    - [ChoiceMaker Self-Determination Transition Curriculum](#): modules on Setting Goals, Taking Action, and Self-Directed IEPs. *Scroll down page-first resource listed.*
    - [Me! Lessons for Teaching Self-Awareness and Self-Advocacy](#): lessons for educators and families for teaching self-awareness and self-advocacy. *Scroll down the page—second resource listed.*

##### Self-Regulation

- I'm Determined and ARC-Updated Toolkits with Easy-to-Follow Tools & Resources (Includes interactive Good Day Plan)
  - The ARC@School Student Toolkit: [English Version](#) and [Estudiantes](#) (Spanish Version)
  - The ARC@School Parent Toolkit: [English Version](#) and [Los Padres](#) (Spanish Version)
- I'm Determined-[Good Day Plan](#) webpage: [Good Day Plan template](#) and [Implementation Guide](#)
- Pathway2Success: [15 Strategies to Help Build Self-Regulation Skills](#)-strategies can be adjusted for children, teens, or young adults
- PBIS World: [Teach Relaxation Techniques](#)
- Social Thinking: [Social Self-Regulation Concepts, Tools & Strategies for Teaching Your Students](#) (some strategies may be useful for home too!)

- The OT Toolbox: [Zones of Regulation and Self-Regulation Activities](#)
- Understood: [Trouble with Self-Regulation-What to Know](#)
- [Zones of Regulation Curriculum](#)

## **Videos Shared in Session 2:**

- I'm Determined [Good Day Plan](#)
- Youth Power-[What Self-Advocates Are Saying](#)