


Self-Determination:

Goal Setting and Planning My Future (Locus of Control)


Stacie Rulison, Facilitator




Michigan Alliance for Families
information, support, and education


Welcome Back

Your Name








Today's question: would you rather have ice cream or cake ?





Ground Rules

-  Cameras on when possible
-  Use chat or raise hand to talk (Zoom or actual hand)
-  Listen to understand
-  Ask questions with the microphone or in chat



What We Will Do Today

- Review last weeks information and home activities
- Talk about goal-setting, your belief in yourself and choosing your future
- Answer questions in chat
- Watch one or more videos
- Get home practice activities



Self-Determination Elements

1. Self-awareness and self-efficacy

4. How I see myself and future (locus of control)

2. Self-advocacy and self-regulation

4. Setting and reaching goals

3. Making choices and decisions, and solving problems



When we problem-solve, we look at:

- Making my best guess
- 2 or more choices, and then pick the best option



Review

The decision-making process includes how many steps?

- A. 1
- B. 5

• 5 (1-define problem/decision; 2-think of options; 3-problem-solve options with pros and cons; 4-decide on best option; 5-thinking about how the decision worked out)



Review

Snap decisions are decisions we think long and hard about before making a decision (True or False)

• False



Review

When we get stuck, it means:

- A. We can't make a decision, which may make us frustrated, angry, or upset
- B. We make a pretty quick decision so we can move on



Review

We usually need to problem-solve for *big* deals **or** *little* deals?

- Usually-BIG deals



Review



It is important to **think** about how our decision worked out after we made the decision (*true or false*)

- True



Review

Decision-making includes problem-solving (true or false)

- This is true!



Some places I can make decisions are:

- A. Home
- B. School
- C. In the community
- D. All of the above



Home Activity

Name some decision-making or problem-solving examples **you** came up with on your home activity



Goal-Setting

Involves thinking about the future



What is a Goal?



- An idea for the future
- A plan to do something
- A plan in writing
- A promise to ourselves to work on something we want to do



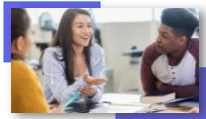
Why is Goal-Setting Important?

- Think about the future
- Get things done
- Build self-confidence
- Feel in control
- Manage ourselves better
- Increases independence



Where Can We Set Goals?

- Home
- School
- In the community
- Employment
- Any where you want to set a goal



Goal-Setting Can Be Hard

- Not sure what a goal is
- Deciding on a goal
- Getting started on a goal
- Working on the goal
- Updating progress on goals
- Giving it time-may take some time to reach the goal



Michigan Alliance for Families
www.michiganallianceforfamilies.org

Timing of Goals

- **Long-term (longer goals):** something *farther* in the future (*more than 2 months*)
 - Learning to play an instrument
 - Learning a new language
 - Getting a job in a certain area
 - Breaking it down to short-term goals to reach



Michigan Alliance for Families
www.michiganallianceforfamilies.org


Timing of Goals

- **Short-term (shorter goals):** something in the *nearer* future (*2 months or less*)
 - Pass a class, get a job, get a haircut
 - May be part of a longer-term goal




Michigan Alliance for Families
www.michiganallianceforfamilies.org

Different for Everyone




- Timing may depend on the person
- Timing based on where you start working on a goal



What Type of Goal Is It?

Take a vacation to Europe	✓ Long-term
Get a C on my test next week	✓ Short term goal
Use a calendar with reminders	✓ Short-Term goal
Get a part-time summer job	✓ Long-Term goal
Taking breaks to reduce anxiety in new situations	✓ Short term goal
Get a bachelor's degree	✓ Long-term goal



- Long-Term Goals=Over 2 month to reach
- Short-Term Goals=1-2 months to reach



More Examples of Types of Goals

Are they life, long-term or short-term?

- Make my own doctor's appointment
 - Short-term goal
- Use an alarm clock to wake myself up
 - Short-term goal
- Graduating from college
 - Long-term goal
- Getting a degree in computer science
 - Long-term goal
- Complete my SPIN one-pager
 - Short-term goal

Start Small with Setting Goals

- Pick a short-term and easier goal
- Think about something you want to do or get better at



Michigan Alliance for Families
www.michiganallianceforfamilies.org

Steps to Setting a Goal

1. Decide on your goal

4. Decide who can help you reach your goal

2. Decide what will happen when you reach your goal

3. Decide on 2-3 things you need to do so you can reach your goal

Michigan Alliance for Families
www.michiganallianceforfamilies.org

Short—Term Goal Example

Example: *My mom's been making my haircut appointments, and I want to start doing that by myself.*



Michigan Alliance for Families
www.michiganallianceforfamilies.org

GOAL PLAN

My Goal

Next Step to Reach my Goal

Outcomes

People Who Can Support Me to Reach My Goal

Sample 1 Layout
(from I'm
Determined and
the ARC Toolkit)

Step 1. Decide on my goal

My Goal

I want to start making my own haircut appointments with Katie.

Outcomes

I will learn how to make my own haircut appointments

I will learn how to put an appointment on the calendar

I will make my own haircut appointments from now on

Step 2:
What will happen when I reach my goal.

Next Step to Reach my Goal

1. Have my mom help me write down what I need to say to Katie when I call
2. Practice with my mom at least three times going through how I will do the call.
3. Call Katie and schedule the appointment.
4. Put it on my phone calendar with a reminder the day before the appointment
5. Have my mom will put it on her calendar too.

Step 3. Decide on 2-3 things I need to do so I can reach my goal

People Who Can Support Me to Reach My Goal

1. My mom can help me write down what I need to say.
2. My mom can practice with me going through the call
3. I can ask my sister to practice calling Katie one time before I call her

4. Who can help me reach my goal?

Knowing you met Your Goal

- When I finish doing what I said I would do in my goal.
 - I make my own appointment for a haircut.

How to Keep Working on My Goal

- Having someone to help me and check my goal information as I work to meet my goal
- I can feel good about doing things on my own.
 - I can ask my mom to help me with finding a time for the appointment, putting it on my calendar, and what to say to Katie



Problems with meeting my Goal

Things that might give me problems meeting my goal.

- I can't control other people's schedules or actions.
 - Katie might not be available to cut my hair when I am available



Question


Do you think **you** would be able to set a **small** goal, with or without help from your family, a teacher, or other support person?




In Goal-Setting

Short-term goals usually take about a year to reach (true or false)


- False-usually less than 2 months for short-term goals






Goal-Setting and Your SPIN


- Personal, school, employment and future goals
- IEP goals to get better in areas that are hard and we need supports
- Self-determination goals to become more independent
- Use your SPIN to think about new goals






Goal-Setting

Sample 2 Layout





Goal-Setting

Sample 2 Layout

Name: _____ Date: _____

My Goal

To go to my IEP meeting in April 2023.

Outcomes

1. I go to my IEP meeting in April 2023.
2. I can talk about my SPIN (strengths, preferences, interests, and needs) during the IEP.
3. I can help set 1 goal about one of my needs.

Next Steps

1. Complete my SPIN form with my strengths, preferences, interests, and needs by February 15, 2023.
2. Decide on a goal I think is important for my IEP from one of the needs on my SPIN.

People Who Can Support

1. My parents
2. My resource teacher

SPIN stands for my strengths, preferences, interests, and needs.

Source: Goals for my goals, videos, and resources.

Goal-Setting

Sample 3 Layout

Name: _____ Date: _____

Goal Setting Worksheet

1. My goal (SPECIFIC goal you have the ABILITY to do and is RELATED to something about you)

My goal is to _____ Long-Term Goal _____ Short-Term Goal (you may need to make Long-Term Goals into Short-Term Goals)

My goal is to:

2. (THINK) My goal will be completed by:

Date: _____

3. (DETERMINE) To reach my goal, I will do these 3 things:

1. _____
2. _____
3. _____

4. I will know when I reached my goal because (or how will you know you reached your goal):

5. Things that will help me stick to my goal are:

1. _____
2. _____

Things that might give me problems meeting my goal (Think about this before you start working on your goal):

All Goals should be SMART:

- Specific: exactly what you plan to do
- Measured: you know when you met the goal
- Ability: I know I can meet the goal
- Related: it is about me and what I want and need
- Time: there is a beginning and ending time for the goal

Types of Goals:

- Short-term goals take a few days to 3 months to complete
- Long-term goals take over 3 months

Goal-Setting

Sample 3 Layout (Example)

Name: _____ Date: _____

SAMPLE-1

Goal Setting Worksheet Example

1. My goal (SPECIFIC goal you have the ABILITY to do and is RELATED to something about you)

My goal is to _____ Long-Term Goal _____ Short-Term Goal

My goal is to:

2. (THINK) My goal will be completed by:

Date: March 1, 2023

3. (DETERMINE) To reach my goal, I will do these 3 things:

1. I will check in with my teacher every day to see when I can go to the gym when she can go to the gym and find a date she is available, and I am available too.
2. I will practice (like going) walking with my mom before I call her.
3. I will practice, and go to the gym on an appointment with her and go to my calendar on my mom's car to go to the gym.

4. I will know when I reached my goal because (or how will you know you reached your goal):

When I complete all 3 steps to reach my goal (1 step I will have an appointment with my teacher and find a date when she is available or my mom's car).

5. Things that will help me stick to my goal are:

1. Having my mom help me and check my goal information and checking before and after every goal of my goal steps and making sure it is working.
2. I will find good about myself for scheduling my mom appointment and it is something new I am doing to be more independent and self-learned.

Things that might give me problems meeting my goal (Think about this before you start working on your goal):

I will have to be ready to work for my mom's car available on Friday for my mom about taking the walk this.

All Goals should be SMART:

- Specific: exactly what you plan to do
- Measured: you know when you met the goal
- Ability: I know I can meet the goal
- Related: it is about me and what I want and need
- Time: there is a beginning and ending time for the goal

Types of Goals:

- Short-term goals take a few days to 3 months to complete
- Long-term goals take over 3 months

Locus of Control (Self-Belief)



I control my own destiny
(or future)



Internal Locus of Control My Future Belongs to Me (Self-Belief)

Is about believing...

- You have control over your future
- Your thoughts (positive versus negative) about you affects what you do and how you act
- You accept and adjust to your disability
- You are responsible for you and how you act
- Your success is because of your efforts



Benefits of Self-Belief

- Have more self-confidence
- Have more control over your own life
- More self-determined
- More independent




**You get what you want
out of your life!**



My Future Is Up to Me (Locus of Control)

**How I See My Role in My Own Life-
and My Inner Voice (Self-Talk)**

- "I know I am responsible for me"
- "It's up to me"
- "I have to learn to self-advocate more"
- "I can do this with some support"



Improving my Belief in Myself (Locus of Control)

- Work on self-advocacy skills
- Become more and more independent
- Try new things—even if it's hard—we grow this way!
- If you believe you can decide your future, you are likely to believe in yourself more
- Positive self-talk helps us with self-belief



POSITIVE SELF-TALK For Self-Esteem

Positive self-talk is something you say to yourself when you're not feeling very confident. It's always something that helps you feel better about yourself and your strengths. Read the statements below and see which ones you could use the next time you're feeling self-doubt. In the empty speech bubbles, write in your own positive self-talk.

There are some things that I just can't do well at. I can choose to get better!

Other people can say what they want about me. I get to decide what's true!

It was just one mistake. It happens to everyone!

Things didn't work out for me, but I can still look on the bright side.

What would I say to a friend that was feeling the same way?

What do I have control over that I can change to improve my self-esteem?


I don't need to compare myself to others. We all have different strengths!

I'm glad that I'm different. I like myself just the way that I am.

Being mean to myself will only make me feel worse. What is something nice to say?

I don't have to be perfect. I just have to give it my best effort.

What are five good things about myself that I know to be true?



Positive Self-Talk

Repeating positive self-talk can change our self-confidence, self-awareness, and self-belief!


- Turn negative talk into positive talk
- Focus on what you CAN do, not what you CANT do

• I can't....I ____

• I won't....I ____

• I don't....I ____

• I didn't....I ____



Who Controls What

Do you have control over the following (yes or no)?

- Picking your favorite cold drink?
- What homework will be assigned?
- Selecting your favorite ice cream?
- Getting a job?
- Whether the school bus comes by your house?
- Picking what you have for dinner most nights?
- Deciding what you wear most days?
- What you will do for work after high school?
- Your happiness?



Which statements below do and do not show self-belief?

- A. I know I can finish school.
 - Yes-shows self belief!
- B. I know my strengths and areas of need.
 - Yes-shows self belief!
- C. I know it's up to only my parents to get me through school
 - No-does not show self belief!
- D. I know I have a huge part of what I do in the future and for my independence.
 - Yes-shows self belief!



Wrapping Up-What's Next?

- Think about the future-now
- Take part in your IEP and planning for your life
- Set small goals toward independence, and follow them; when you meet one goal, set the next one and keep working on them
- Believe in yourself—you are an important part of decision-making, problem-solving, and goal setting for your future
- Keep working on self-determination—it takes time



Employment Preparation

Work is important for independence, and ANY of us can work

- Use programs and agencies who can support us:
- [Michigan Rehabilitation Services \(MRS\)](#) and [Bureau of Services for Blind Persons \(BSBP\)](#)
- Eligibility: IEP, 504 Plan, diagnosed disability
- No cost for services
- Employment training, work-based learning, job shadows, job coaching, and more
- 14 years and older (pre-employment transition services called pre-ETS and vocational rehabilitation)
- Statewide agencies, with local/regional offices; find your office at [MRS Locator](#)-contact them to start the process



Home Activities



Next Steps:

1. Review your Home Activities Checklist
2. Review Additional Resources on self-determination, goal setting, and self-belief (locus of control)



Michigan Alliance for Families

Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education (MDE-OSE); the Michigan Department of Lifelong Education, Advancement, and Potential (MILEAP); and Michigan's Federal Parent-Training and Information Center (PTIC) funded by the U.S. Department of Education, Office of Special Education Programs (OSEP).

www.michiganallianceforfamilies.org
1-800-552-4821
info@michiganallianceforfamilies.org



In collaboration with



20