



Youth Self-Determination Series-Home Activities Checklist

Session 2: Self-Advocacy & Self-Regulation Components of Self-Determination

Name: _____ Date: _____

Use the checklist below to work through the assigned home activities for Session 2.

Done	Activity
	1. Complete the Me! Scale Self-Advocacy in School assessment <ul style="list-style-type: none"> • Note activities you do not think you are doing • These may be ideas for setting goals in Session 4
	2. Complete the Self-Advocacy: MY Home and School Self-Advocacy Goal Ideas document <ul style="list-style-type: none"> • Complete it with words or pictures, whatever works best for you
	3. Complete the Good Day Plan (do one of the following): <ul style="list-style-type: none"> • Access from the I'm Determined Website-Good Day Plan and download the Good Day Plan; you can use the Implementation Guide for more information <p style="text-align: center;">OR</p> <ul style="list-style-type: none"> • ARC@School's Good Day Plan (student template is in the toolkit) The ARC@School Self-Determination Student Toolkit: English Version and Estudiantes (Spanish Version) • Watching the Good Day Plan video may be helpful in creating your Good Day Plan
	3. Complete the Self-Regulation Home Activity <ul style="list-style-type: none"> • Complete it with words or pictures, whatever works best for you
	4. Review the provided Resources document provided for additional information on self-advocacy and self-regulation