

Self-Determination: Decision-Making and Problem-Solving

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Welcome Back

Name one thing you do now for yourself that your parents or someone else did for you a year ago.



What We Will Do Today

- Review last weeks information and home activities
- Talk about decision-making and problem-solving
- Answer questions in chat
- Watch one or more videos
- Get home practice activities for this week

Self-Determination Elements

1. Self-awareness and self-efficacy

2. Self-advocacy and self-regulation

3. Making choices and decisions, and solving problems

4. Setting and reaching goals

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



Self-Advocacy means:

- A. Asking my parents to do things for me
- B. Knowing what supports help me get what I need
- C. Waiting to see what happens, and hope it goes well



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

Laws Supporting Self-Advocacy

The federal law protecting people with disabilities from discrimination:

A _____ with **D** _____ **A** _____

- **Americans with Disabilities Act (ADA)**



Laws Supporting Self-Advocacy

The federal law protecting students in special education, and requires inclusion is called the:

I_____ with **D**_____ in **E**_____ **A**_____



- **Individuals with Disabilities in Education Act (IDEA)**

Laws Supporting Self-Advocacy

The written plan for special education which has your support needs and goals for the future:

I _____ **E** _____ **P** _____

- **Individualized Education Program (IEP)**



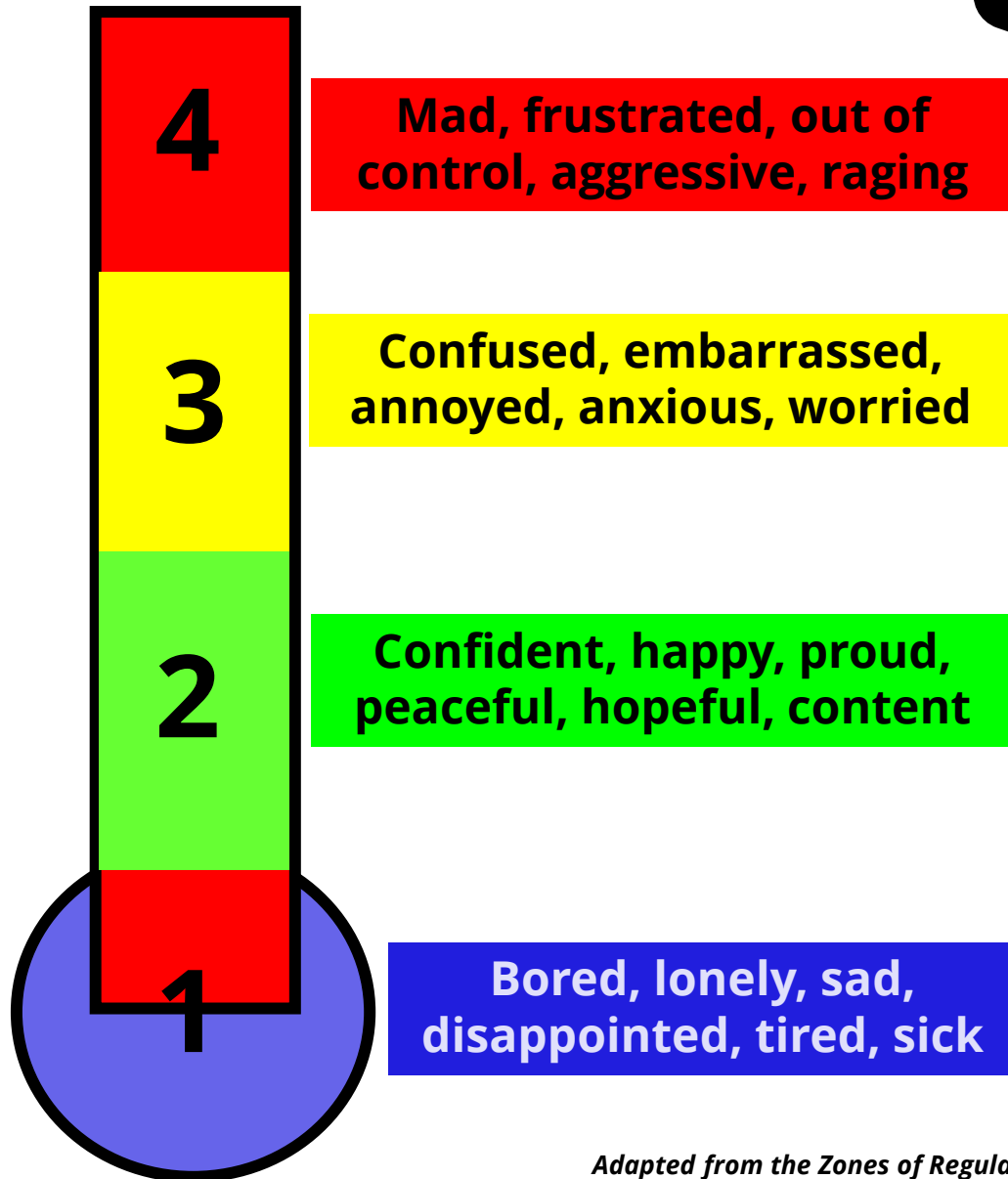


Self-Advocacy Examples

Give an example of how you can self-advocate at...

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

How do I feel?

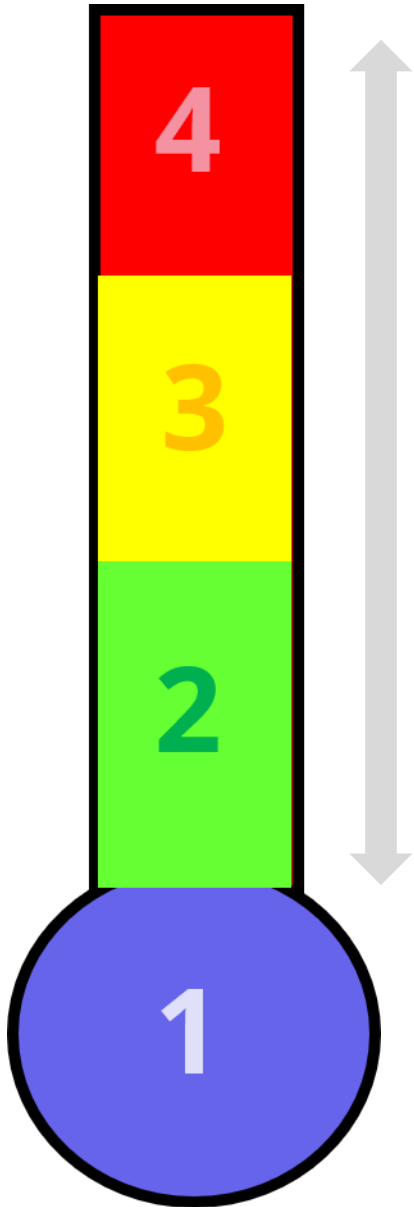


Zones of Regulation®

None of the zones are good or bad, this is just a way to recognize our feelings and figuring out ways to change zones

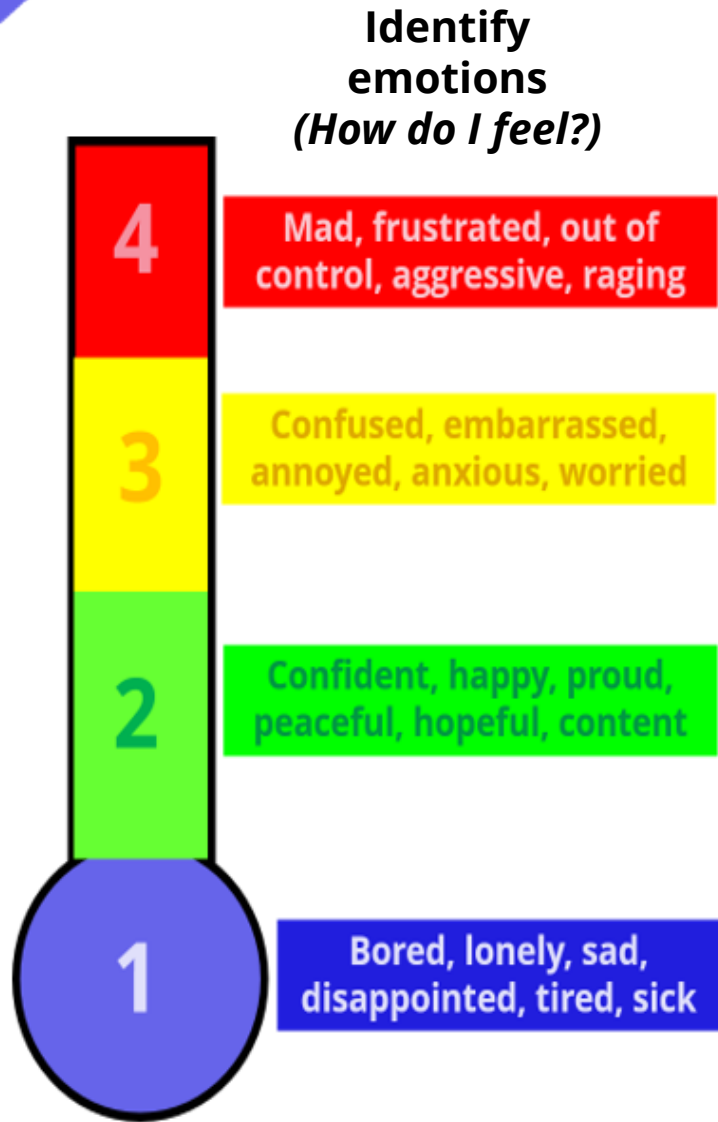
Adapted from the Zones of Regulation®

We can Change our Zones



- Identify emotions: how do I feel?
- Check behavior: what am I doing?
- Regulate emotions: what can I do about it?

Self-Regulation-Example-1



Check behavior

Regulate Emotions

How Do I Act?	What Can I Do About It?
Shouting, arguing, stomping, shutting down, withdrawing	Exercise, count to 10, read a book, listen to music, take a nap
Anxious, pacing, withdrawing, clingy, breathing fast, sweating, tired, not focused, negative self-talk	Ask for help, take a break, positive self-talk, think about your happy place
Smiling, engaged, paying attention, laughing	Smile, practice appreciation, work on your goals, help someone else, listen, write or journal about what you are good at or what you have been successful doing
Crying, not engaged, sleeping, withdrawn, frowning, no energy	Talk to your family or friends, do something you enjoy, positive self-talk, stretch or exercise, take a walk


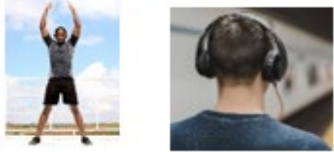



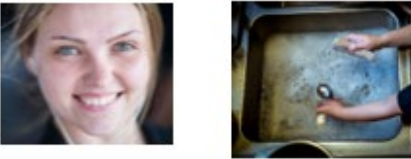

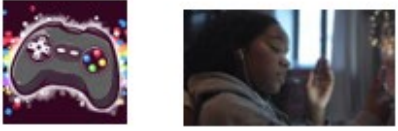


Self-Regulation-Example 2

Identify emotions
(How do I feel?)

Check
behavior

Regulate
Emotions









		How Do I Act?	What Can I Do About It?
4	Mad, frustrated, out of control, aggressive, raging		
3	Confused, embarrassed, annoyed, anxious, worried		
2	Confident, happy, proud, peaceful, hopeful, content		
1	Bored, lonely, sad, disappointed, tired, sick		



Calming Strategies

What helps calm you down?

What works for YOU—it might be different than others

			
Taking deep breaths	Counting to 20	Asking for help	Talking to a friend
			
Thinking of a compromise	Walking away	Letting it go	Thinking of something that makes the learner happy

Self-Regulation has to do with:

- A. Paying attention to how I am feeling and acting
- B. Only being positive and never negative
- C. Expecting others to feel the same way I do



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

Some ways to self-regulate are:

- A. Counting to 10
- B. Taking a walk
- C. Talking to my family
- D. All of the above



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

Name some **ideas or strategies** you came up with you might use to **self-regulate**

Decision- Making and Problem- Solving

Involves
thinking
about what
to do!

Problems



- Like a puzzle you need to find out what to do next-how to put it together
- Something is broken, wrong, or missing
- Can **get stuck**, feel anxious, have negative thoughts, be hard on yourself (negative self-talk)
- Sometimes need to solve problems to make decisions
- Example: losing your favorite shoes you were planning to wear to school

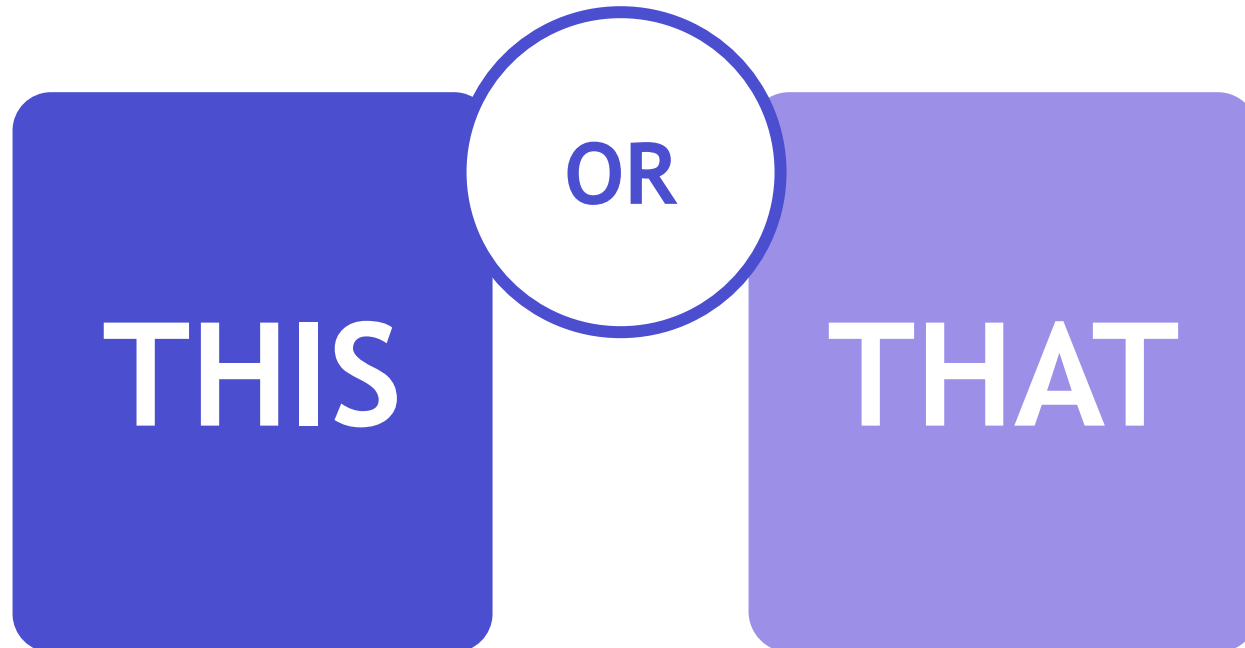
Problem-Solving



- Find a way to solve or fix the problem
- Make a plan to fix it
- Can get stuck, feel anxious, have negative thoughts, be hard on yourself
- Example of a choice: Check your locker at school for your shoes
 - What else could you do, or what's another choice?

Problem-Solving Steps

1. Name the problem
2. Decide on 2 choices to fix the problem
3. If you can't decide, name the pros (+) and cons (-) of each choice
4. Pick the best choice for you
5. Did it work out?



Problem-Solving Example

Problem: you left your Social Studies homework at home on the kitchen table, and it's due in 10 minutes.

	Choice 1: do nothing and hope your teacher doesn't notice	Choice 2: ask the teacher if you can redo the work during lunch so it isn't late
Pros (+)	<ul style="list-style-type: none">. I don't have to miss lunch	<ul style="list-style-type: none">. I get my homework in on time. I might get a better grade. I'll feel better because I finished it
Cons (-)	<ul style="list-style-type: none">. I get a 0 on my homework. It will make my grade lower in the class	<ul style="list-style-type: none">. I will miss my lunch break. My teacher might say no

Choice I made: #2-I talked to my teacher, and she was happy I asked, and I didn't go to lunch.

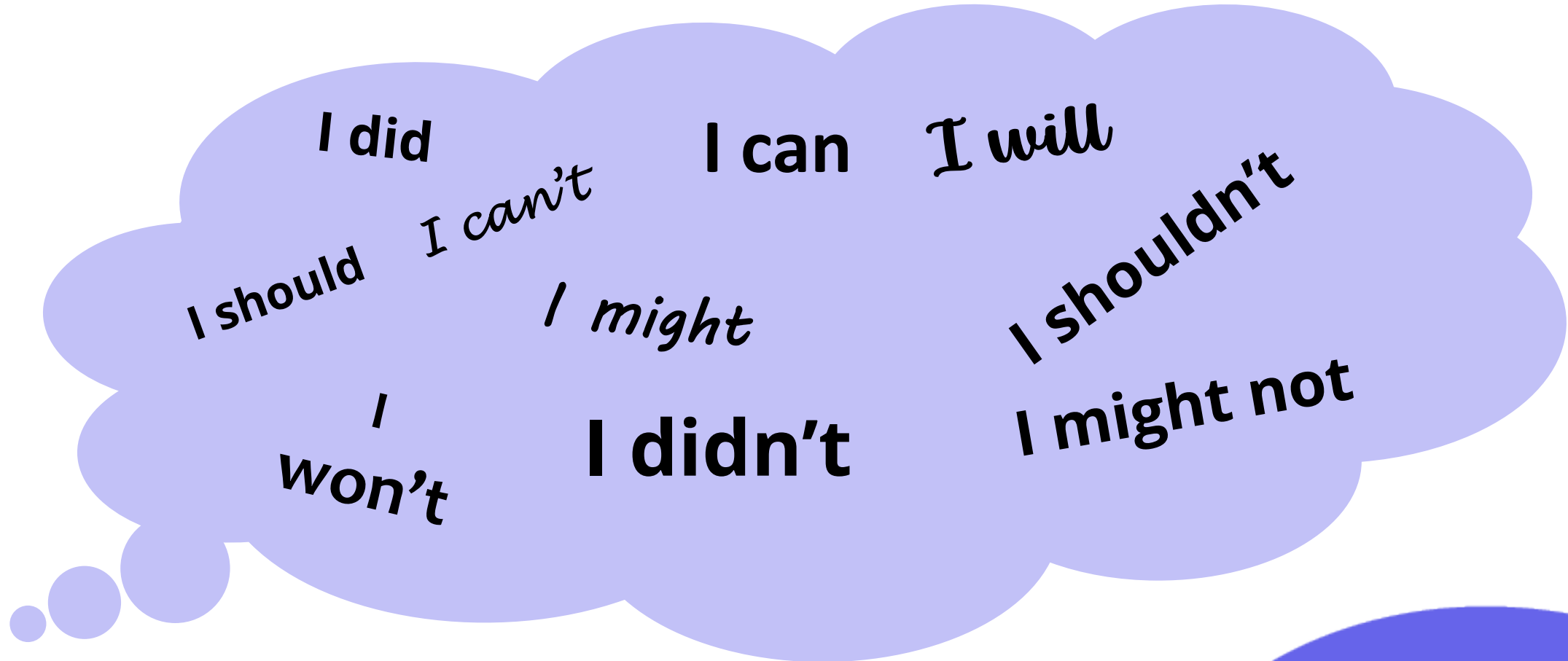
Did it work out? Yes-I got a good grade on my homework, and I'm not behind. I'll check to make sure I have my homework before I leave next time

Mistakes

- Type of problem
- Everyone makes mistakes
- Own it
- Sometimes need to apologize
 - If it affects someone else
- Take steps to not make the same mistake again
- May need to problem-solve



Decisions



I did

I can

I will

I should

I can't

I might

I shouldn't

*I
won't*

I didn't

I might not

Decisions

- Making a choice
- Have 2 or more choices
- Nothing is broken or wrong
- Decisions can be easy or hard
- Decisions can be a big deal or a little deal
- We can get stuck trying to make decisions
- We might need to problem solve to make the decision
- Example: do I wear my red shoes or white shoes today?



Decision-Making



- Picking the best choice for you
- Thinking about what happens next
- Picking one choice and moving forward
- Example: picking the white shoes because they match your shirt

Choices

- Simple decisions (this or that)
- Make daily
- Think about before you pick a choice
- Based on *preferences*
- Usually make on our own
- Examples:
 - Do I want an apple or donut?
 - *Thought: the apple is healthier*
 - Do I buy a new game today or next week?
 - *Thought: I don't get paid until Friday and it's Tuesday*
 - Do I do my homework now or after dinner?
 - *Thought: I like to play games after dinner, so I better do it now*
 - Do I ask for help or not?
 - *Thought: I really don't know the answer-I need to ask for help*



Snap Decisions

- Quick or easy decisions not needing as much thought (1-2 seconds)
- Big deal decisions shouldn't be a snap decision
- Examples of snap decisions:
 - I had fries yesterday, today I'll have chips
 - My blue shirt is dirty, I'll wear my green one instead
 - I need to send a text to say I'm late, it will be faster to voice text instead of typing the text
 - Example: you are at a volleyball game and a ball comes flying at you, and you put your hands up

Snap Decisions

What one is a **SNAP** decision below?

- A. Deciding what job you will do in the future
- B. The goals you want in your IEP
- C. We are out of lemonade, I'll drink water

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



Getting Stuck

- Our brain or thinking can get stuck
- We aren't sure what to do
- Can get us upset, frustrated, angry, confused, anxious, or depressed
- Hard to make decisions



Getting **Un**-Stuck

Some people...

- Don't do anything
- Try to solve the problem
 - Think about how
 - Options to move on
 - Talk to someone or ask for help



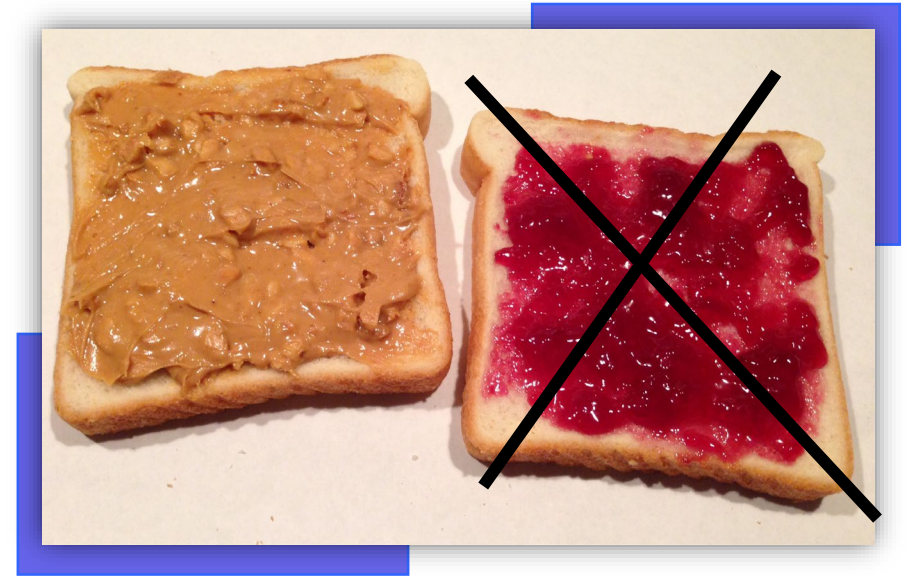
Moving on...

Instead of getting upset when we get stuck, it's important to **notice** we are stuck, **think** about how to solve the problem, and get help if we need it



Getting Stuck-Example 1

- **Example:** you want peanut butter jelly for lunch, but you are out of jelly
- I want help now: *Mom, I need you to go to the store and buy jelly right now!*
- I don't do anything-go with the flow: *Oh well, I won't eat lunch today. Or...other options?*



Getting Stuck-Example 2

- **Example:** you're going home from school and your dad takes a different road to your house
- That's not right!: *Dad, you went the wrong way...go that way, you're going the wrong way*
- I don't do anything-go with the flow: *Oh, there's more than one way to get home! It seemed shorter too!*



Getting Stuck-What Would you Do?

Other examples:

- At school: you are confused about your math homework
- At home: you realize you sent a text to the wrong person asking about an assignment
- At work: you finish a task and do not know what to do next
- In the community: you are at the library and cannot find the book you are looking for



Size of the Decision or Problem

Is the Problem or Decision a...

Big Deal

- Something unsafe
- Something illegal
- Something that breaks the rules
- Makes us really stuck
- May need help

Little Deal

- Something that is annoying
- Something you don't like
- No one gets hurt
- Can be taken care of quickly
- Could get stuck
- YOU usually can solve on your own

Big Deal or Little Deal?

Little Deal

Drop your books

Being a part of your IEP

An angry customer at work

Being bullied

Forgot to make your bed

Spilled milk on the table

Swearing at your teacher

The ice cream shop is out of your favorite flavor

Drop your books

Forgot to make your bed

Spilled milk on the table

The ice cream shop is out of your favorite flavor

Big Deal

Being a part of your IEP

An angry customer at work

Being bullied

Swearing at your teacher

Getting Help with Decisions

1. How do you know you need to ask for help?
2. Who do you ask for help?
3. What kinds of decisions do you think you might need help with?



Supported Decision Making (SDM)

- Might need to get help making big-deal decisions (e.g., health, financial, wellbeing, etc.)
- Arrange ahead of time what types of decisions and who helps
- Allows you to get support needed, understand choices, and maintain control of choices

[MI DDC Transition Years, Supported Decision Making, Resources by Life Stage](#)

Decision-Making Process



Decision-Making Process Steps

1. Think about what the decision is

2. Think of 2 choices you have

**3. Make a + and - list for each choice
(*problem-solve*)**

4. Decide on the best choice and do it

5. Think about how the decision worked out

Decision Making-Step 1

Step 1

Stop and think about what the decision is

*Think: Is this a problem that's a **big deal or little deal**? Am I **stuck**?*

Example:

My friend asked me to play online video games tonight, but I need to do my homework because I have a test Friday. **I think I have a decision to make!**

- I feel **stuck**—I need to look at my options!

Decision-Making Step 2

Step 2
Think of 2
choices you
have for
making your
decision

What are my options or
choices?

1. Do my homework tonight



OR

2. Play online video games with my friend tonight



Decision-Making-Step 3

Step 3

Make a + and - list for each choice

Problem-Solve: write down the pros (+) and cons (-) of my options of doing homework or playing games.

	Option 1-do homework tonight	Option 2-play games tonight
Pros (+)	<ul style="list-style-type: none">. I may get a better grade. I don't fall behind in school. I will feel good when it is done	<ul style="list-style-type: none">. I get to play with my friend. I might win at the game. My friend will be happy
Cons (-)	<ul style="list-style-type: none">. I miss time with my friend. I will miss out on fun	<ul style="list-style-type: none">. I will feel guilty about homework. I will get a bad grade on my homework. I might not do well on my test

- *Think about each pros and cons of each option*
- *Ask your family, friends, teachers, or someone you trust to help you with thinking about pros and cons*
- *This is problem-solving, which is part of decision-making*

Decision-Making-Step 4: Problem Solving

Step 4
Decide on the
best choice
and do it

What is my decision? I do my homework tonight that is due tomorrow or play video games tonight with my online friend...



Decision that is best for ME: *I really want to play games, but my homework grade is important, and I have a test this week the homework covers. I can ask my friend to play another time.*

Decision-Making-Step 5

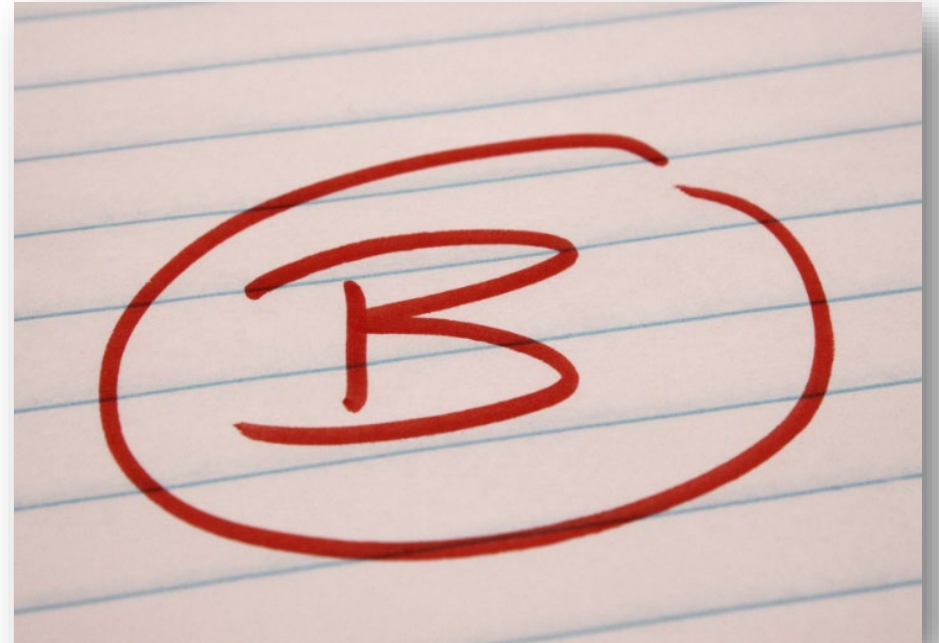
Step 5

Think about
how the
decision
worked out

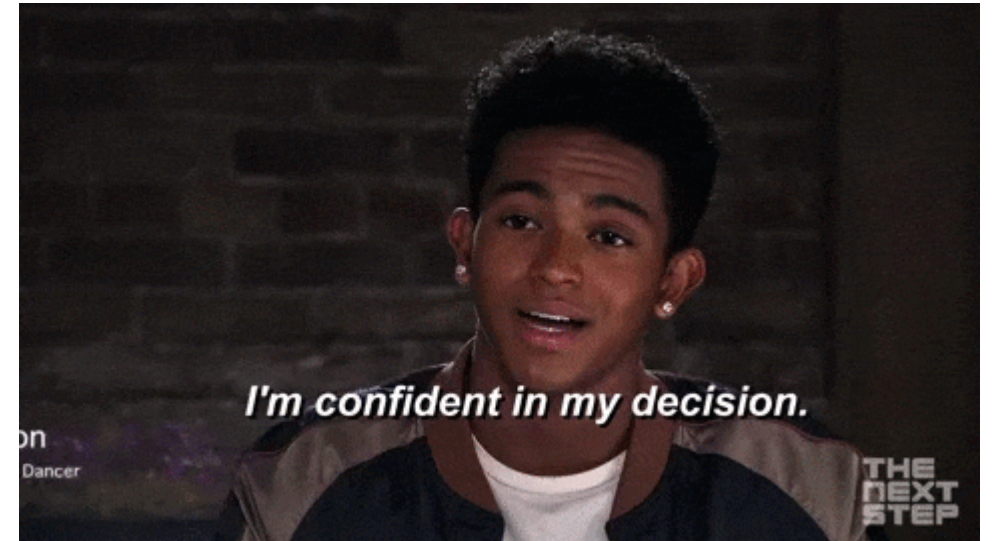
Did it work out?

Was it a good decision?

- *Yes-I did my homework and handed it on time and got a B on my test!*



Making your own
decisions and solving
your own problems
increases your **self-**
determination and
can help you be more
independent



Decision-Making includes...

- A. Steps to help you make a decision
- B. You make your best guess for a decision
- C. Only looking at the cons (or negative or minuses) of options

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



An example of using decision-making in your IEP would be:

- A. Having your IEP team make all the decisions on your transition goal
- B. Your taking part in decision-making about the goals on your IEP
- C. You making a *snap decision* on your transition goal

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



Problem Solving...

You are at work and forgot your password for the computer to put your work time in to get paid. You have co-workers and your supervisor nearby.



Is this a big or little deal?

What can you do?

Decision-Making Practice Situation 1

You have a substitute teacher who does not know where materials are in the classroom. You know where they are, but you are not sure if you should say something.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?



Decision-Making Practice Situation 2

You are rushing to get to school on time, and you trip and fall on your way out the door, cutting your arm. It's bleeding and needs a Band-Aid, and you are already late for class.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?



Decision-Making Practice Situation 3

You realize you forgot to lock the door when you took the recycle out at work. You are concerned it will be unlocked overnight.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?



Home Activities

(Review Next Week)



Next Steps:

- 1. Review your Home Activities Checklist**
- 2. Review Additional Resources on self-determination, decision-making, and problem-solving**

Self-Determination-Home Activities Checklist



Michigan Alliance for Families

Youth Self-Determination Series-Home Activities Checklist

Session 3: Decision-Making and Problem-Solving Components of Self-Determination

Name: _____ Date: _____

Home Activities Checklist

Use the checklist below to work through the assigned home activities for Session 3.

Done	Activity
	1. Complete the Big-Deal Little Deal Home Activity
	2. Complete the Decision-Making and Problem-Solving Home Activity on Decision Making and Problem Solving <ul style="list-style-type: none">You can complete the longer form (and use words or pictures) OrYou can complete the 1-page shortened form
	3. Review the provided Resources document for additional information on decision- making and problem solving

Home Activity-Checklist

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions
- All resources should be available here, or in your home activities information shared by Michigan Alliance for Families

Decision-Making and Problem-Solving



Problem-Solving and Decision-Making Youth Self-Determination Series

Session 3-Big Deal Little Deal Home Activity

Circle the response you think is correct (remember a big deal means you might need to get someone else's help—
and be careful about getting **STUCK**—be open to looking at options!)

<u>You</u> missed the bus to get to work	Big Deal	Little Deal
What could you do? _____		
You forgot it is pajama day at school	Big Deal	Little Deal
What could you do? _____		
Your boss changes the schedule	Big Deal	Little Deal
What could you do? _____		
A kid at school bumps into you by mistake	Big Deal	Little Deal
What could you do? _____		
Your friend keeps taking your money	Big Deal	Little Deal
What could you do? _____		
You left your phone in your locker	Big Deal	Little Deal
What could you do? _____		
Someone tells a lie about you	Big Deal	Little Deal
What could you do? _____		


Decision-Making and Problem-Solving Home Activity-Big Deal or Little Deal

- Written or complete with pictures

Decision-Making and Problem-Solving

Decision-Making and Problem-Solving Process Home Activity

- Written or complete with pictures


Decision Making and Problem Solving
Youth Self-Determination Series
Session 3-Decision-Making and Problem-Solving Process-Home Activity-2
Follow the directions below. You can fill this out with words or pictures.

Is the decision or problem a **BIG DEAL** or a **LITTLE DEAL**: _____

Step 1
Stop and think about what the decision or problem is

THINK about a decision you need to make for now or the future, or a problem you need to solve.
The decision I need to make or problem I need to solve is:

Step 2
Come up with 2-3 options (choices) you have to make your decision

Come up with 2 options (or choices) you have to make your decision or solve your problem.
Option 1:

Option 2:

Step 3
3. Make a pro and con list for each choice (problem-solve)

Problem-Solve!

- Get help from your family, friends, or others
- Think about each option (choice) and the pros and cons of each, like what will happen

	Option 1:	Option 2:
PROs (advantages)		
CONs (disadvantages)		

Step 4
Decide on the best option or choice

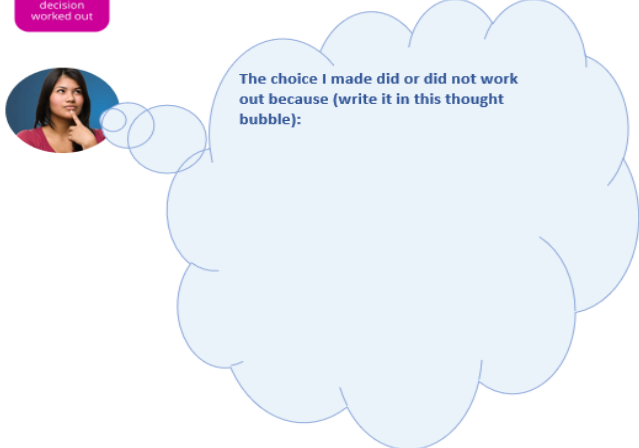
Decide on the best option (or choice), and write down why this is your choice.
My best choice is:

I made this choice because (why):

Step 5
Think about how the decision worked out

After you make the decision, think about how it worked out.

The choice I made did or did not work out because (write it in this thought bubble):



Decision-Making and Problem-Solving



Decision Making and Problem Solving Youth Self-Determination Series

Session 3-Decision-Making and Problem-Solving Process-Home Activity

SHORTER FORM

Follow the directions below. You can fill this out with words or pictures. Have your parents or guardian help with this process if needed.

Is the decision or problem a **BIG DEAL** or a **LITTLE DEAL**: _____

Step 1. The decision I need to make or problem I need to solve is:

Step 2 and Step 3. Think of 2 options you have to make your decision or solve your problem and think about pros and cons.

Option 1 is:

Pros:

Cons:

Option 2 is:

Pros:

Cons:

Step 4: Decide on the **best** option (or choice) and write down **why** this is your choice.

My best choice is:

I made this choice because (why):

Step 5: Think about how it worked out.

The decision I made did or did not work out because:

Decision-Making and Problem-Solving Process Home Activity

- SHORTER Form
- Alternative to longer form

We are here to support you!

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www.michiganallianceforfamilies.org

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Michigan Alliance for Families

In collaboration with



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