



## Michigan Alliance for Families

### Session 4: Goal Setting and Believing I Choose My Future (Locus of Control)

#### Resources

##### Self-Determination

- Charting the Life Course (CtLC): [3 free introduction to CtLC Webinars](#)
  - [Framework](#)
  - [Integrated Support Star](#)
  - [Life Trajectory Visual](#)
- [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)
- [Michigan Alliance for Families-Self Determination](#)
- [Michigan Alliance for Families-Transition Topics](#)

##### Goal Setting

- The ARC@School Student Toolkit: [English Version](#) and [Estudiantes](#) (Spanish Version) (*Page 9 is an updateable Goal Plan. This can be downloaded, printed, or completed and saved online*).
- Bridges4Kids, Redmond Oregon: [IEP Goals and Objectives Goal Bank](#): Excellent understandable resource with example IEP goals across multiple domains including English, Functional Academics, Independent Living, Math, Motor, Recreation and Leisure, Self-Management and Daily Living, Social Emotional, Speech and Language, Study Skills, Vocational and Career Education. Also can be

used to set goals across the student's SPIN, and for home, community, and employment independence goals. *Remember—these are examples, and would likely need to be modified to be appropriate for individual students.*

- Division on Career Development and Transition-Council for Exceptional Children; [Goal Setting for Transition Age Students](#) (Sue B. Palmer and Kendra Williams-Diehm)
- I'm Determined: [Goal-Setting App](#) (create online with text, available visuals, or uploaded visuals); [Student Involvement in the IEP](#) (video); [I'm Determined Transition Guide-Independent Living](#);
- Indiana Institute on Disability and Community: [Practical Steps to Writing Individualized Education Program \(IEP\) Goals: And Writing them Well](#)
- Michigan Alliance for Families-[Goals and Objectives](#)
- Michigan Alliance for Families: [Transition IEP Checklist](#)
- The Place for Children with Autism: [Realistic Goal Setting with Children on the Spectrum](#)

### **Self-Belief: My Future Planning (Locus of Control)**

- [I'm Determined-Toolbox for Self-Determination](#)
- Psychology Today (8.2.17): [Locus of Control-How Do We Determine Our Successes and Failures](#)
- Very Well Mind (10.17.22): [Locus of Control and Your Life](#)

### **Other Resources**

- [Michigan Rehabilitation Services \(MRS\)](#) and [Bureau of Services for Blind Persons \(BSBP\)](#)-Michigan's vocational services agency (services are free of charge for eligible individuals with an IEP, 504 Plan, or diagnosed disability).
  - Find your MRS office and start the process at: [MRS Locator](#)

*Note: some resources listed are related to specific disabilities, but the supports are considered "universal", and applicable to students of all abilities.*