

Self-Determination 101: Tools and Strategies to Support Student Success



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Questions this session will answer...

- What is Self-Determination and why is it important?
- How do the I'm Determined Tools support self-determination?
- How will I use the I'm Determined Tools in my setting?



What is Self-Determination?



Self-Determined Students

- Are aware of and use knowledge of their strengths and limitations in a beneficial way
- Set demanding, yet realistic goals
- Create plans to achieve their goals
- Make appropriate choices and decisions
- Accept responsibility for their choices and decisions

<http://www.ncset.org/publications/viewdesc.asp?id=962>; Wehmeyer & Field, 2007

Self-Determined Students—Cont'd

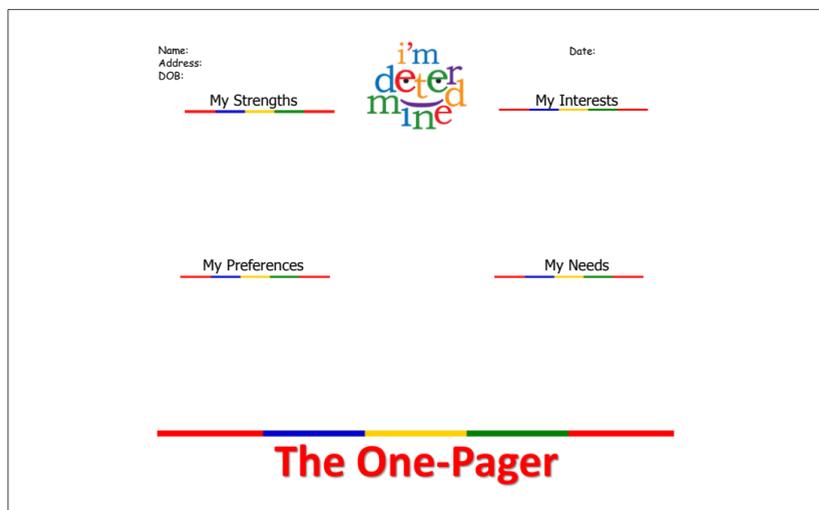
- Solve problems
- Advocate for themselves
- Act autonomously
- Regulate their own behavior
- Understand supports that are available and needed for success
- Evaluate outcomes
- Believe they can influence outcomes in their lives (internal locus of control)

<http://www.ncset.org/publications/viewdesc.asp?id=962>; Wehmeyer & Field, 2007

Brainstorming Time

- How can the students you work with practice self-determination skills?

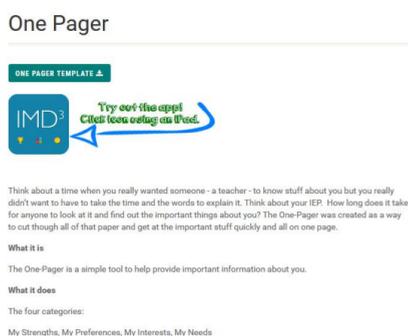




Self Determination Component Skills Supported by the One-Pager

- Choice-Making
- Decision-Making
- Problem-Solving
- Goal-Setting and Attainment
- Self-Regulation and Self-Management
- **Self-Advocacy and Leadership**
- **Self-Efficacy**
- **Self-Awareness**
- **Self-Knowledge**

Online Resources: The One-Pager



Brainstorming Time



- What do you want students to know about the One-Pager?
- How can you use the One-Pager in your setting?

i'm determined			
My Good Day Plan			
Good Day	Now	Action	Support
What happens on a Good Day?	Does it happen now?	What needs to happen to make it a Good Day?	Who can help me?
✦	✦	✦	✦

Component Skills Supported by the Good Day Plan

- Choice-Making
- Decision-Making
- Problem-Solving
- Goal-Setting and Attainment
- Self-Regulation and Self-Management
- Self-Advocacy and Leadership
- Self-Efficacy
- Self-Awareness
- Self-Knowledge

Online Resources: The Good Day Plan



Think about what a good day at school or work looks like for you. Do you need coffee? Do you need to listen to music first thing in the morning or do you need quiet to start your day? Does it happen now? If not, what can YOU do to make it happen? Who can help you out along the way?

What it is

The Good Day Plan is a simple tool used to help you identify the factors that play a role in whether or not you have a good day.

What it does

The Good Day Plan allows you to view your day from beginning to end and helps you identify a structure/routine that enables you to have a good day.

Brainstorming Time

- What do you want students to know about the Good Day Plan?
- How can you use the Good Day Plan in your setting?



Component Skills Supported by the Goal Sheet

- **Choice-Making**
- **Decision-Making**
- **Problem-Solving**
- **Goal-Setting and Attainment**
- **Self-Regulation and Self-Management**
- **Self-Advocacy and Leadership**
- **Self-Efficacy**
- **Self-Awareness**
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Online Resources: Goal Setting & Attainment

Goal Setting & Attainment



The I'm Determined Goal Plan is a visual representation of the steps needed to accomplish an identified goal. The student's goal is written in the center of the sun. Each sunray represents an outcome resulting from goal attainment. In the box that appears below the sun, the steps needed to reach the goal are listed.

Brainstorming Time

- What do you want students to know about goal-setting?
- How can you use the Goal Sheet in your setting?



Problem Resolution: A Step by Step App

- Enables students to communicate and identify details of an incident.
- Interactive Detail Gathering
- Voice, Photo, Video, and Text Entry Options
- Solution Oriented Planning
- Teacher Dashboard



Component Skills Supported by the Problem Resolution App

- | | |
|-------------------------------|---------------------------------------|
| – Choice-Making | – Self-Regulation and Self-Management |
| – Decision-Making | |
| – Problem-Solving | – Self-Advocacy and Leadership |
| – Goal-Setting and Attainment | – Self-Efficacy |
| | – Self-Awareness |
| | – Self-Knowledge |

Action Planning for Next Steps



What Else?

For Support...

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