

## Self-Determination Resource Review

### University of Oklahoma, Zarrow Center for Learning Enrichment

- [\*It's Not Easy\*](#) PowerPoint presentation includes quotes from students and emphasizes the importance of participating in and lead their IEP meetings.

Intentional choices and decisions
  Take action
  Believe in themselves
  General Info

- [\*ME! Lessons for Teaching Self-Awareness & Self-Advocacy\*](#) include lesson plans and resource materials provide structure to teaching student self-awareness and self-advocacy.

Intentional choices and decisions
  Take action
  Believe in themselves
  General Info

- [\*Student-Directed Transition Planning\*](#) can be used to prepare students to actively participate in their transition-focused IEP meetings and includes lessons and pre/post measurement tools.

Intentional choices and decisions
  Take action
  Believe in themselves
  General Info

- [\*Whose Future Is it Anyway?\*](#) Is a free, downloadable evidence-based self-determination curriculum.

Intentional choices and decisions
  Take action
  Believe in themselves
  General Info

- [\*Personal Preference Indicators & Employment Support Indicators\*](#) includes a guide for planning and working with people with developmental disabilities to support them to be self-determined.

Intentional choices and decisions
  Take action
  Believe in themselves
  General Info

- [\*Self-Directed IEP\*](#) is one resource in the ChoiceMaker Self-Determination Curriculum series that is specifically designed to teach and support student to lead and be active participants in their IEP meetings.

Intentional choices and decisions
  Take action
  Believe in themselves
  General Info

- [Choosing Employment Goals](#) provides opportunities for students to identify their interests, skills, and limits in different transition areas as well as how to use this information to develop goals and make life choices.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [Choose and Take Action](#) is best used in instructional settings where employment and self-determination skills are taught, as well as opportunities to practice these skills.

Intentional choices and decisions

Take action

Believe in themselves

General Info

#### **Pacer Center Parent Training & Information Center**

- [Self-Determination Resources](#) specifically designed for families. These include general information for involving students across middle, high and postsecondary education levels.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [Building Self-Advocacy and Self-Care Management Skills](#) provides information about how families can support their child to understand their diagnosis and manage their own care.

Intentional choices and decisions

Take action

Believe in themselves

General Info

#### **National Gateway to Self-Determination**

- [Youtube videos](#) of young adults with disabilities, their siblings, and their parents discussing different aspects of self-determination. In particular, [Self-Determination](#) is a good 2 minute overview by people with disabilities of what self-determination is and means to them.

Intentional choices and decisions

Take action

Believe in themselves

General Info

#### **University of Kansas, Beach Center on Disability – Self-Determination**

- [Video of Dr. Karrie Shogren](#) discussing various elements of self-determination.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [Self-Determination Inventory \(SDI\)](#) an online measurement of the self-determination of youth and young adults with and without disabilities.

Intentional choices and decisions

Take action

Believe in themselves

General Info

#### Vanderbilt University & Tennessee Department of Education

- [Promoting Self-Determination Among Students with Disabilities](#) provides information about different components of student involvement and self-determination, and provides examples of teaching strategies for each component.

Intentional choices and decisions

Take action

Believe in themselves

General Info

#### I'm Determined

This site is FULL of resources, how-to's, materials and information and is organized by [parents](#), [youth](#) and [educators](#) for information specific to each audience. Some key items include:

- [IEP Participation Student Rubric](#) to help students increase their participation in IEP meetings.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [Videos of parents](#) discussing the involvement and self-determination of their son/daughter.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [Toolbox for Self-Determination](#) is an excellent resource for educators.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [Information and resources for parents](#) to use to support the self-determination of their child.

Intentional choices and decisions

Take action

Believe in themselves

General Info

- [The Parent Brochure](#) from I'm Determined is also available in Spanish.

Intentional choices and decisions

Take action

Believe in themselves

General Info

**National Technical Assistance Center on Transition**

- [Lesson Plan Starters](#) for transition, including self-determination and student involvement.

Intentional choices and decisions       Take action       Believe in themselves       General Info

**Life after IEPs website – parent perspective**

- [16 Ways to Grow Self-Determination Skills](#) is for parents and written by a parent! Includes information from parents, activities, and some ideas for helping youth to be more self-determined.

Intentional choices and decisions       Take action       Believe in themselves       General Info

- [Self-advocacy & Leadership Training Modules by youth, for youth](#) is loaded with resources that can be used by educators and parents with youth with disabilities.

Intentional choices and decisions       Take action       Believe in themselves       General Info

- [The 411 on Disability Disclosure](#) was designed to help youth make informed decisions about disability disclosure.

Intentional choices and decisions       Take action       Believe in themselves       General Info

- [Next S.T.E.P.](#), which stands for Student Transition and Education Planning, is a curriculum designed to teach students what they need for transition planning as well as methods of engaging them in the transition planning process.

Intentional choices and decisions       Take action       Believe in themselves       General Info

- [The Self-Advocacy Strategy](#) is a curriculum designed to teach students to be active participants in their IEP planning meetings.

Intentional choices and decisions       Take action       Believe in themselves       General Info

- [The W.A.G.E.S. curriculum](#) (Working At Gaining Employment Skills) is designed for youth with emotional and behavioral disabilities, however, materials within this resource can be used for others as well. *W.A.G.E.S.* focuses on employment skills, however the curriculum provides a lot of self-determination skills along the way.

Intentional choices and decisions       Take action       Believe in themselves       General Info

<ul style="list-style-type: none"> <li>Although the <a href="#">Expanding the Circle: Respecting the Past, Preparing for the future</a> curriculum is a full transition curriculum, it incorporates activities and lessons that support the <i>Model of Self-Determination</i>.</li> </ul>	<input checked="" type="checkbox"/> Intentional choices and decisions	<input type="checkbox"/> Take action	<input checked="" type="checkbox"/> Believe in themselves	<input type="checkbox"/> General Info
<ul style="list-style-type: none"> <li>The <a href="#">Tackling the Tough Skills</a> curriculum was developed by the University of Missouri Extension for high risk youth and adults who are difficult to place in employment. It is not necessarily a self-determination curriculum, but it has lots of materials that can be used to teach some of the elements of the Model of Self Determination.</li> </ul>	<input checked="" type="checkbox"/> Intentional choices and decisions	<input checked="" type="checkbox"/> Take action	<input type="checkbox"/> Believe in themselves	<input type="checkbox"/> General Info
<ul style="list-style-type: none"> <li><a href="#">This toolkit developed by the Pennsylvania Youth Leadership Network (PYLN)</a> is authored primarily by youth or former youth with disabilities. There are many free materials online at this site that are full of personal stories about youth with disabilities. It has a lot of good information on disability laws, advocating, and planning.</li> </ul>	<input type="checkbox"/> Intentional choices and decisions	<input type="checkbox"/> Take action	<input checked="" type="checkbox"/> Believe in themselves	<input type="checkbox"/> General Info
<ul style="list-style-type: none"> <li>One way that students can work toward having higher self-esteem and value is by participating in a person-centered planning process such as <a href="#">Planning for the Future</a>.</li> </ul>	<input checked="" type="checkbox"/> Intentional choices and decisions	<input type="checkbox"/> Take action	<input checked="" type="checkbox"/> Believe in themselves	<input type="checkbox"/> General Info
<ul style="list-style-type: none"> <li><a href="#">Self-Determination Strategies for Adolescents in Transition</a> is authored by Sharon Field, Alan Hoffman and Shirley Spezia and is a great resource to use for implementing self-determination training based upon the Model of Self-Determination – and it only costs \$14!</li> </ul>	<input checked="" type="checkbox"/> Intentional choices and decisions	<input checked="" type="checkbox"/> Take action	<input checked="" type="checkbox"/> Believe in themselves	<input type="checkbox"/> General Info
<ul style="list-style-type: none"> <li><a href="#">The Self-Determined Learning Model of Instruction (SDLMI)</a> : A teacher’s guide is included here along with the description of the model.</li> </ul>	<input checked="" type="checkbox"/> Intentional choices and decisions	<input checked="" type="checkbox"/> Take action	<input checked="" type="checkbox"/> Believe in themselves	<input checked="" type="checkbox"/> General Info