

## I'm Determined Tools and Resources Overview

The Michigan Alliance for Families Self-Determination Series references the **I'm Determined** resources and tools to facilitate increasing self-determination. **I'm Determined** is an evidence-based approach to increasing self-determination knowledge and skills and can be used as young adults grow to become more independent.

Below is a summary of **I'm Determined** resources for the participant and their parents or caregivers which may be helpful for the training series, and to continue working on self-determination skills upon completing the class. During each of the four sessions, a number of the **I'm Determined** tools and resources will be discussed and a part of out-of-class practice activities. The tools are designed to be flexible and easy to use for all audiences, and the person can use the tools in a written approach or by using pictures or other visuals.

- [I'm Determined: Toolbox for Self-Determination](#): this is a good starting point. walks parents through the ways to help their young adult become self-determined and gives examples of the One-Pager, Good Day Plan, and Goal Plan templates to help grow self-determination.
- [Parent Path to Success](#): page provides information for families or caregivers and helping their child or young adult toward self-determination at home, school, work and in the community. This page provides a series of informational videos including [Parent Pathway Introduction](#); [Parent Pathway-What is Self-Determination](#); [Parent Pathway-How Do I Help My Child be Self-Determined](#); [Parent Pathway-Community](#); [Parent Pathway-Home](#); [Parent Pathway-School](#); [Parent Pathway-IEP Involvement](#); [Parent Pathway-Tools](#)
- [Parents-Critical Decision Points](#): parents and caregivers often have a number of goals in mind when their children go to school. To achieve these goals, there are important decisions needed at different times. The [Critical Decision Points](#) document can be downloaded. In addition, the following videos may be helpful in better understanding critical decision points: [Factors that Contribute to Student Success](#); [Accommodations, Modifications, Long Term Goals, Self-Determination](#); [What you Need to Know about Assessments](#); [What you Need to Know about Diploma Options](#).
- [I'm Determined Webpage](#): the landing page for resource and information. Tools are provided for families (including the individual) and for educators. You also can search for information on this page about any of the elements of self-determination where you can find videos, downloadable tools, and more.
- [Elements of I'm Determined](#): provides a graphic and descriptions of the 9 self-determination elements, which will also be covered in class.
- Self-Determination Checklists (Assessments): [Student Self-Assessment](#); [Parent Assessment](#); [Educator Assessment](#). This is a quick and useful checklist the person can fill out, and their parent or caregiver and their teacher(s) can complete. The results can then be reviewed to compare areas of strengths and needs. This information can be used for the individualized education program (IEP), setting goals, making decisions, and more.

- [One-Pager](#): page about the tool; used by the individual to complete about their strengths, interests, preferences, and needs (SPIN). This page will provide information to others about them.
  - [One-Pager Template](#)
  - [One-Pager Implementation Guide](#)
  - [One-Pager Web App](#)
  - [One-Pager Video Overview \(for all\)](#)
  - [One-Pager Video Overview-Youth Perspective](#)
  - Individual videos on [Strengths](#), [Preferences](#), [Interests](#), [Needs](#)
- [Good Day Plan](#): page about this tool where the person can think about and write down what a good day at school or work would look like.
  - [Good Day Plan Template](#)
  - [Good Day Plan Implementation Guide](#)
  - [Good Day Plan Web App](#)
  - [Good Day Plan Video Overview](#)
- Goal Plan: page with resources and a simple tool to help young adults set and reach their goals. This includes sections for identifying the goal, outcomes, next steps, and who can support the individual in reaching their goal.
  - [Goal Plan Template](#)
  - [Goal Plan Implementation Guide](#)
  - [Goal Plan Web App](#)
  - [Goal Plan Video Overview](#)

I'm Determined and ARC Collaborative: the ARC and I'm Determined worked together to design toolkits for students, parents and caregivers, and educators. Below are links to the resources.

- The ARC@School Student Toolkit: [English Version](#) and [Estudiantes](#) (Spanish Version)
- The ARC@School Parent Toolkit: [English Version](#) and [Los Padres](#) (Spanish Version)