

## Session 1: Self Awareness and Self-Efficacy Components of Self-Determination

### Resources

- [I'm Determined Website](#)
- I'm Determined: [Toolbox for Self-Determination](#)
  - I'm Determined: [Good Day Plan](#): provides an overview video and download option
  - I'm Determined: [One Pager SPIN Template](#), [One Pager Implementation Guide](#) (with examples)
  - I'm Determined: [One Pager Web App](#) – create one pager on interactive application; choose from lists to add information to your strengths, preferences, interests, and needs
- 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)
- Kansas Technical Assistance System Network (TASN): [Self-Efficacy](#)
- Michigan Alliance for Families-[Self-Determination](#)
- National Center for Learning Disabilities: [Agents of Their Own Success: Self-Advocacy Skills and Self-Determination for Students with Disabilities in the Era of Personalized Learning](#)
- National Technical Assistance Center on Transition-The Collaboration (NTACT-C): [Self-Determination](#)
- National Technical Assistance Center on Transition-The Collaboration (NTACT-C) [Student-Directed Transition Planning](#) (topics including self-efficacy)
- Pacer's National Parent Center on Transition and Employment: [Self-Determination](#)
- [The Center for Self-Determination](#)

### Videos Shared in Session 1:

- I'm Determined: [One-Pager Overview](#)
- Self-Awareness: [Felicia Likes Her Food Not to Touch](#)
- Self-Confidence: [Tips for Success-Self-Determination-Wisconsin Board for People with Developmental Disabilities](#)