



Michigan Alliance for Families

Session 4: Goal Setting and Self-Belief (Locus of Control) Components of Self-Determination

Resources

Self-Determination

- [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](#)

Goal Setting

- 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](#)
- PACER Center for Transition: [Transition IEP Checklist](#): considerations for before, during, and after the IEP for transition planning. Goal ideas are also provided.
- TeachTastic Special Education Resources: [15 Measurable IEP Goals and Objectives for Writing and Written Expression](#) (great examples for parents too!)
- 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.