

**Self-Determination
Overview, Self-Awareness,
and Self-Efficacy**

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Welcome & Introductions

Your Name 





↓


Town You Live In 



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Ground Rules

-  Cameras on when possible
-  Use chat or raise hand to talk (Zoom or actual hand)
-  Listen to better understand
-  Ask questions



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Quick Activity 

- RED**
- BLUE**
- GREEN**
- PURPLE**
- YELLOW**
- ORANGE**
- PINK**
- NOT LISTED**


- Pick your favorite color from the list
- Put it in chat
- If it is not listed, put the name of your favorite color in chat



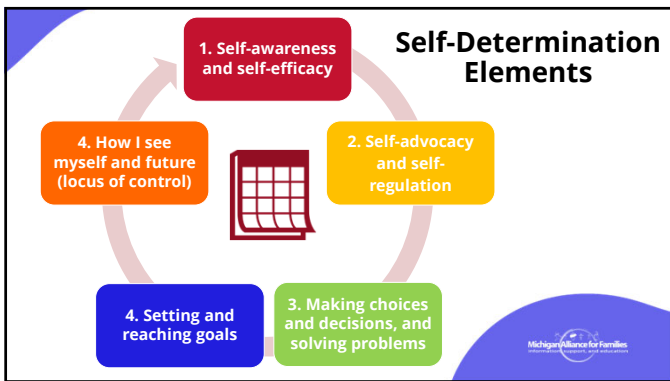
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Answer the question in chat, based on your favorite color 

- **RED** –Your favorite animal?
- **BLUE** – Your favorite movie, tv show, stream?
- **GREEN** – Your favorite musical group or song?
- **PURPLE** – Something you like to collect or do?
- **YELLOW** – What country you would visit? Or been to?
- **ORANGE** – Where was your best vacation ever?
- **PINK** – Would you rather fly, take a train, or take a car?
- **NOT LISTED**-What is your dream job for the future?




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What We Will Do Today

- Talk about self-determination, self-awareness and self-confidence (also called self-efficacy)
- Answer questions in chat
- Watch one or more videos
- Get practice activities to do before next time





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Self-determination means...


- A. Having my teachers tell me what to do.
- B. Making decisions and never needing help.
- C. Getting help with a decision, then making my own decision

(Put A, B, or C for your answer in the chat)





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Self-Determination





Knowing what I need to be in control of **ME** and the decisions **I** make!



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Self-Determination



Knowing what I want in the future and how to plan for it to happen

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Self-Determination

Knowing what I need for support to take control of my life






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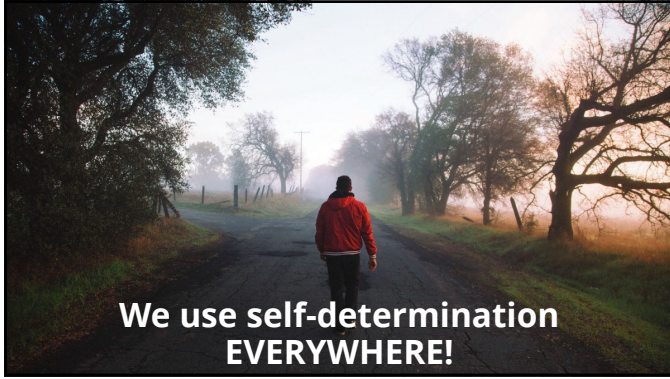
Self-Determination

Where?

- Home
- School
- Work
- Healthcare
- Community
- Relationships

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Self-Awareness

Our thoughts help us be more self-aware of so much...

Thoughts are like bubbles that pop in and out of our heads with ideas, memories, feelings, and actions

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Self-Awareness

Here are some thoughts popping in and out of his head...

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Are thoughts mostly about...

- A. The past
- B. The present
- C. The future
- D. The past, present, and future

(Put A, B, C, or D in chat!)

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Self-Awareness and Your Thoughts about Your SPIN

SPIN=
Strengths, Interests, Preferences and Needs

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Self-Awareness

Thinking about your:

- Strengths
 - What I am good at
- Preferences
 - What helps me do better or be successful
- Interests
 - What I like to do in my free time
- Needs
 - What I need help or support with

We call this our
SPIN

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Strengths

Strengths are...

- What I am good at
- Staying with the routine
- Finishing tasks independently
- Helping with chores
- Organizing my bedroom
- Using the computer
- English class

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Preferences

- When we like something one way more than another way
- What helps and works for me to think, focus work, or learn-when

Examples:

- Being around people vs. being alone
- Warm temperatures vs. cold temperatures
- Using a checklist vs. not having it written down
- New situations vs. familiar situations
- Pants with stretchy tops or button jeans
- Soft bed vs. firm bed



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Interests

**Interests are...
Things I enjoy**

Examples:

- Being with animals
- Listening to music
- Playing an instrument
- Math
- Watching animae
- Baking cookies






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Needs


Needs: what helps me? What supports do I need?

- To learn to start conversations
- Help getting up on time
- Use a checklist for daily activities
- Quiet time after work


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Using your SPIN



- In my Individualized Education Program (IEP) meetings
- At home to do more on my own and take more responsibility
- In the community in becoming more independent

We will discuss goals for increasing self-determination throughout this series, so you may update your SPIN document during that time




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Self-Awareness

Match the strength, preference, interest, or need (SPIN) with the example:

Strength	a. Using a checklist
Preference	b. I like to play video games
Interest	c. I am good at playing piano
Need	d. I want to be around people who give me choices



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Self-Awareness

<https://www.youtube.com/watch?v=EhFKe9A1U4U>



Is Felicia's wanting to separate her food a preference or need?

Preference!



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Self-Confidence (Self-Efficacy)



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Self-confidence is believing in yourself



How **you** think about and see you!



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Self-Confidence

- Thinking about yourself in a positive way
- Thinking you can meet your goals
- Having a positive attitude
- Believing in yourself




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Video on Self-Confidence
<https://www.youtube.com/watch?v=4Ldb0Tq0IP0>





1. Watch the video
2. Think of one thing you learned or thought was positive in the video



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How to increase your self-confidence

- Use positive words or (positive self-talk
- Focus on your strengths, preferences, interests, and abilities
- Think more about what you are good at
- Work on areas of need
- Try new things, even if it's hard
- Think about jobs that match your SPIN
- Work with your parents and IEP team

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Self-Confidence



Remember everyone has things they are good at, and things that are harder and they need to work on!



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Home Activities (Review Next Week)




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Youth Self-Determination Series Home Activities Checklist

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

Name: _____ Date: _____


Use the checklist below to work through the assigned home activities for Session 1. We will discuss the home activities from Session 1 when we meet for Session 2.

Done	Activity
Activity 1	<ol style="list-style-type: none"> Complete the Youth Self-Determination Checklist Student Self-Assessment <ul style="list-style-type: none"> Plus 2 things you scored a "3" on (family or never) or "2" (sometimes) and would like to work on. Optional: Have your parents download the Youth Self-Determination Checklist and talk about how you both answered the questions. Talk about clarify any areas you scored differently.
Activity 2	<ol style="list-style-type: none"> Download the SPIN One-Page Template (SPIN=Strengths, Preferences, Interests, Needs) <ul style="list-style-type: none"> For additional information, go to the Youth Self-Determination Out-Page webpage on the One Page, an overview video, and information and videos on each of the SPIN areas, and how to use the One Page. Fill out the SPIN One-Page with your at least 2 strengths, 2 preferences, 2 interests, and 2 needs. <ul style="list-style-type: none"> Use SPIN Example List in your handouts for ideas. Use the Youth Self-Determination Checklist Student Self-Assessment three activities a student to help with areas you scored "2" or "3" on and want to work on and areas you scored "3" you think you are strong in and do most of the time. Add items in your SPIN to home, school, work in the community. Ask your parents or other trusted person for help if you need it. Share your SPIN information with your parents and your IEP team <ul style="list-style-type: none"> Review and update your SPIN activities for school, home, work, and community goals.

Home Activities Checklist

Out of Class Activities

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions



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Self-Determination Checklist

Student Self-Assessment

Student Name: _____ Date: _____


Self-Determination skills help you to know

- yourself
- your goals
- what you need to reach your goals

Use the following scale to rate the statements below:

- 3 = almost always/ most of the time
- 2 = sometimes
- 1 = rarely or never


Rating	Statement
1 2 3	I set goals to get what I want or need.
1 2 3	I make plans for reaching my goals.
1 2 3	I check my progress on how I am doing toward my goals.
1 2 3	I attend my IEP Meetings.
1 2 3	I participate in my IEP Meetings.
1 2 3	I know the goals listed in my IEP.
1 2 3	At school, educators listen to me when I talk about what I want or need.
1 2 3	At home, my parents listen to me when I talk about what I want or need.
1 2 3	I have others in my life who help me to accomplish my goals.
1 2 3	I look for help when I need it.
1 2 3	I know what I want, when I like and what I enjoy doing.
1 2 3	I tell others what I want, what I like and what I enjoy doing.
1 2 3	I try to make choices about the equipment, technological services, and accommodations that I want in school.
1 2 3	I can describe my feelings/attitudes to others.
1 2 3	I believe I have control to direct my life.
1 2 3	I can name all of my personal needs (hobbies, chores, needs, grooming).
1 2 3	I make friends with others my age.
1 2 3	I make good choices.
1 2 3	I believe that working hard in school will help me to get a good job.



Self-Determination Checklist

Out of Class Activity-1

- Work with your parents, a peer, or mentor to complete if needed



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Self-Determination One-Pager

Out of Class Activity-2

- Written or complete with pictures

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One-Pager Video Overview

<https://vimeo.com/558112583>

I'M DETERMINED
One Pager Overview

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Resources

- You have links to resources from I'm Determined, Michigan Alliance for Families, the ARC, and other organizations

I'm Determined and the ARC have created toolkits for easier use! Linked in the resources available to you! Available in Spanish too!

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Your Actions for Next Week:

1. Review and follow your Home Activities Checklist)
 - a. Complete the **I'm Determined Self-Determination Checklist Student Assessment**
 - b. Complete the **One Pager SPIN** document
 - c. Review Link **Additional Resources** on self-determination, self-awareness, and self-confidence (self-efficacy)



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We are here to support you!

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For more information visit
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