


Self-Determination: Decision-Making and Problem-Solving


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Information, support, and education

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Welcome Back

Your Name 

↓





Name one thing you do now for yourself that your parents or guardian did for you a year ago. 




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Ground Rules

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



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What We Will Do Today

- Review last weeks information and home activities
- Talk about decision-making and problem-solving
- Answer questions in chat
- Watch one or more videos
- Get home practice activities for this week



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Self-Determination Elements



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Self-Advocacy means:

- A. Asking my parents to do things for me
- B. Waiting to see what happens, and hope it goes well
- C. Knowing what supports help me get what I need



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





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Laws Supporting Self-Advocacy

What is the federal law protecting people with disabilities from discrimination? *(Hint: it starts with an "A")*

- **Americans with Disabilities Act (ADA)**






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Laws Supporting Self-Advocacy

What is the federal law protecting students in special education, and promoting inclusion? *(Hint: starts with an "I")*

- **Individuals with Disabilities in Education Act (IDEA)**






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Laws Supporting Self-Advocacy

What is the written plan for special education which has your support needs and goals for the future? *(Hint: it starts with an "I")*

- **Individualized Education Program (IEP)**

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Self-Advocacy Examples

Give an example of how you can self-advocate at...

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


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Self-Regulation has to do with:

- A. Only being positive and never negative
- B. Paying attention to how I am feeling and acting
- C. Expecting others to feel the same way I do

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



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Some ways to self-regulate are:

- A. Counting to 10
- B. Taking a walk
- C. Talking to my family
- D. All of the above


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



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Name some ideas or strategies you came up with you might use to self-regulate



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Decision-Making and Problem-Solving

Involves thinking about what to do!



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Decisions and Problems

Decision:

- Making a choice between different choices (or options)
- Can make us anxious
- Can make us get stuck

Problem:

- Something has happened
- Need to make a decision
- Can make us anxious
- Easy to get suck

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Decisions

- Thoughts can pop in and out of our minds
- Choosing what we do can be hard
- We may not always make the best choice
- Big deal or little deal
- Problem-solving may help

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Related...

Decision-Making

- Quick or takes time
- Help may be needed
- All sizes of decisions
- BEST option
- Current/future situation
- Causes anxiety

Problem-Solving


- *Part of decision-making*
- 2 or more options
- Pros and cons (+ or -) of each option
- Harder decisions

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Choices


- Simpler decisions (this or that)
- Make daily
- Based on preferences
- Needs little thinking
- Usually make on our own choices
- Examples:
 - Do I want an apple or donut?
 - Do I wear my green hat or blue hat?
 - Do I walk or take the bus?
 - Do I buy a new game today or next week?
 - Do I do my homework now or after dinner?
 - Do I ask for help or not?

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Snap Decisions

- Quick or easy decisions not needing as much thought
- Usually used for little deals
- Big deal decisions shouldn't be a snap decision
- Examples:
 - I had fries yesterday, today I'll have chips
 - My blue shirt is dirty, I'll wear my green one instead
 - I need to send a text to say I'm late, it will be faster to voice text instead of typing the text





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Snap Decisions

What one is a SNAP decision below?

- A. Deciding what job you will do in the future
- B. The goals you want in your IEP
- C. We are out of lemonade, I'll drink water



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

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Getting Stuck



- Our brain or thinking can get stuck
- We aren't sure what to do next
- Can get us upset, frustrated, angry, confused, anxious, or depressed
- Hard to make decisions

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Moving on...

Instead of getting upset when we get stuck, it's important to notice we are stuck, think about how to solve the problem, and get help if we need it






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Getting **Un**-Stuck

Some people...



- Don't do anything
- Try to solve the problem
 - Think about how
 - Options to move on
 - Talk to someone or ask for help

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Getting Help with Decisions

1. How do you know you need to ask for help?
2. Who do you ask for help?
3. What kinds of decisions do you think you might need help with?

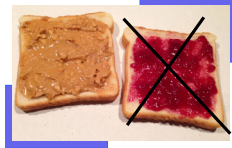



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Getting Stuck-Example 1

• **Example:** you want peanut butter jelly for lunch, but you are out of jelly

- I want help now: *Mom, I need you to go to the store and buy jelly right now!*
- I don't do anything: *Oh well, I won't eat lunch today.*



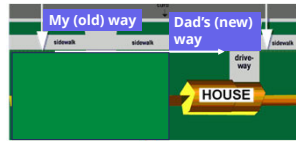
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Getting Stuck-Example 2

• **Example:** you're going home from school and your dad takes a different road to your house

- That's not right!: *Dad, you went the wrong way...go that way, you're going the wrong way*
- I don't do anything: *Oh, there's more than one way to get home! It seemed shorter too!*



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Getting Stuck-What Would you Do?

Other examples:

- At school: you are confused about your math homework
- At home: you realize you sent a text to the wrong person asking about an assignment
- At work: you finish a task and do not know what to do next
- In the community: you are at the library and cannot find the book you are looking for





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Getting Stuck

<https://youtu.be/VQVnx2KERvw?si=5TWoWpqE36UyOalx>

Stuck on an Escalator

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Size of the Decision or Problem


Is the Problem or Decision a...

Big Deal

- Something unsafe
- Something illegal
- Something that breaks the rules
- Makes us really stuck
- May need help solving

Little Deal

- Something that is annoying
- Something you don't like
- No one gets hurt
- Can be taken care of quickly
- Could get stuck
- YOU usually can solve on your own



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Big Deal or Little Deal?



<p>Drop your books</p> <p>Being a part of your IEP</p> <p>An angry customer at work</p> <p>Being bullied</p> <p>Forgot to make your bed</p> <p>Spilled milk on the table</p> <p>Swearing at your teacher</p> <p>The ice cream shop is out of your favorite flavor</p>	<p>Little Deal</p> <p>Drop your books</p> <p>Forgot to make your bed</p> <p>Spilled milk on the table</p> <p>The ice cream shop is out of your favorite flavor</p>	<p>Big Deal</p> <p>Being a part of your IEP</p> <p>An angry customer at work</p> <p>Being bullied</p> <p>Swearing at your teacher</p>
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Mistakes

- Type of problem
- Everyone makes mistakes
- Own it
- Sometimes need to apologize
 - If it affects someone else
- Can be a big or little deal
- Take steps to not make the same mistake again

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Decision-Making Process

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Decision-Making Process Steps

1. Stop and think about what the decision or problem is
2. Think of 2-3 options or choices you have
3. Make a pro and con list for each choice (problem-solve)
4. Decide on the best option or choice and do it
5. Think about how the decision worked out



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Step 1
Stop and think about what the decision or problem is

Decision Making Process-Step 1

Think: Is this a problem that's a big deal? Am I stuck?

Example:
My friend asked me to play online video games tonight, but I need to do my homework because I have a test Friday. **I think I have a decision to make!**

- I feel **stuck**—I need to look at my options!




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Step 2
Think of 2-3 options (choices) you have for making your decision


Decision-Making Process-Step 2

What are my options or choices?

1. Do my homework tonight 

OR

2. Play online video games with my friend tonight 



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Step 3
Make a pro and con list for each option or choice

Decision-Making Process-Step 3

Problem-Solve: write down the pros (+) and cons (-) of my options of doing homework or playing games.

	Option 1-do homework tonight	Option 2-play games tonight
Pros (+)	<ul style="list-style-type: none"> . I may get a better grade . I don't fall behind in school . I will feel good when it is done 	<ul style="list-style-type: none"> . I get to play with my friend . I might win at the game . My friend will be happy
Cons (-)	<ul style="list-style-type: none"> . I miss time with my friend . I will miss out on fun 	<ul style="list-style-type: none"> . I will feel guilty about homework . I will get a bad grade on my homework . I might not do well on my test

Think about each pros and cons of each option
Ask your family, friends, teachers, or someone you trust to help you with thinking about pros and cons
This is problem-solving, which is part of decision-making



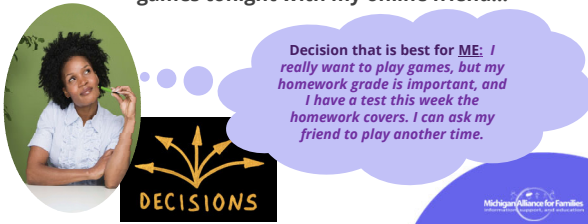
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Step 4
Decide on the best option or choice and follow-through

**Decision-Making Process-Step 4:
Uses Problem Solving**

What is my decision? I do my homework tonight that is due tomorrow or play video games tonight with my online friend...

Decision that is best for ME: I really want to play games, but my homework grade is important, and I have a test this week the homework covers. I can ask my friend to play another time.



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Step 5
Think about how the decision worked out

Decision-Making Process-Step 5

Did it work out?

Was it a good decision?


- Yes-I did my homework and handed it on time and got a B on my test!



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Making your own decisions and solving your own problems increases your **self-determination** and can help you be more **independent**





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Decision-Making includes...

- A. 5 steps to help you make a decision
- B. You make your best guess for a decision
- C. Only looking at the cons (or negative or minuses) of options

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






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An example of using decision-making in your IEP would be:

- A. Having your IEP team make all the decisions on your transition goal
- B. You making a *snap decision* on your transition goal
- C. Your taking part in decision-making about the goals on your IEP

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






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Problem Solving...

You are at work and realize you forgot your password for the computer to put your work time in. You have co-workers and your supervisor nearby.

Is this a big or little deal?
What can you do?

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Problem-Solving and Decision-Making

Choices: Simpler Decisions

- Little thought needed
- Everyday decisions

Decisions and Problems


- Big deal-little deal (big deal use decision-making process)
- Everyday decisions, snap decisions, near future decisions
- We are stuck or made a small mistake

Decision-Making Process (5 steps) → Problem-Solving

- Big deal-sometimes little deals
- Important decisions or future decisions
- Because we are stuck, something went wrong, mistakes

Problem-Solving

- Look at pros and cons of each option before deciding



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Decision-Making Practice Situation 1



You have a substitute teacher who does not know where materials are in the classroom. You know where they are, but you are not sure if you should say something.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?

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Decision-Making Practice Situation 2



You are rushing to get to school on time, and you trip and fall on your way out the door, cutting your arm. It's bleeding and needs a Band-Aid, and you are already late for class.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?

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Decision-Making Practice Situation 3

You realize you forgot to lock the door when you took the recycle out at work. You are concerned it will be unlocked overnight.

- What decision do you need to you make?
- Is it a big deal or little deal?
- Can I make the decision now? (Yes or No)

Problem-Solving

- 2 options
- Pros and cons of each option

Make the decision: My decision is...
How did the decision work out?

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Home Activities

(Review Next Week)

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Self-Determination-Home Activities Checklist

Home Activity-Checklist

- Start with your Home Activities Checklist
- Work with your parents on this if you have questions
- All resources should be available here, or in your home activities information shared by Michigan Alliance for Families

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Decision-Making and Problem-Solving

Problem-Solving and Decision-Making Youth Self-Determination Series
Session 3 Big Deal Little Deal Home Activity

Give the response you think is correct (checked) a big deal when you might need to get someone else's help, and a little deal when you can do it on your own.

1. Your friend has to go to work. Big Deal Little Deal
 What could you do? _____

2. You forget it's picture day at school. Big Deal Little Deal
 What could you do? _____

3. Your best friend has the schedule. Big Deal Little Deal
 What could you do? _____

4. Your school teacher has you by mistake. Big Deal Little Deal
 What could you do? _____

5. Your friend needs help with their homework. Big Deal Little Deal
 What could you do? _____

6. You left your phone in your locker. Big Deal Little Deal
 What could you do? _____

7. Someone talks to you about you. Big Deal Little Deal
 What could you do? _____

Decision-Making and Problem-Solving Home Activity-Big Deal or Little Deal

- Written or complete with pictures

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Decision-Making and Problem-Solving

Decision Making and Problem Solving Process Home Activity

1. Identify the problem. Write down the problem in your own words.

2. Brainstorm solutions. Write down at least 3 possible solutions.

3. Evaluate solutions. Write down the pros and cons of each solution.

4. Choose a solution. Write down the solution you think is the best one.

5. Try the solution. Write down what happened when you tried the solution.

6. Reflect on the solution. Write down what you learned from the experience.

Decision-Making and Problem-Solving Process Home Activity

- Written or complete with pictures

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Decision-Making and Problem-Solving

Decision Making and Problem Solving Process Home Activity

Session 3 Decision Making and Problem Solving Process Home Activity

1. Identify the problem. Write down the problem in your own words.

2. Brainstorm solutions. Write down at least 3 possible solutions.

3. Evaluate solutions. Write down the pros and cons of each solution.

4. Choose a solution. Write down the solution you think is the best one.

5. Try the solution. Write down what happened when you tried the solution.

6. Reflect on the solution. Write down what you learned from the experience.

Decision-Making and Problem-Solving Process Home Activity

- SHORTER Form
- Alternative to longer form

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Next Steps:

- 1. Review your Home Activities Checklist**
- 2. Review Additional Resources on self-determination, decision-making, and problem-solving**



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We are here to support you!

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