

The Arc@School's

# SELF-DETERMINATION TOOLBOX

Student Toolkit



Name \_\_\_\_\_



## ACKNOWLEDGEMENTS

The Arc@School's Self Determination program is derived from the materials created by the I'm Determined project. The I'm Determined project, a state directed project funded by the Virginia Department of Education, focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior. This project facilitates youth, especially those with disabilities, to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger.

*Use of these materials does not represent an endorsement of or a review of the product, curriculum, or materials by the Virginia Department of Education.*

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# What is Self-Determination?

Self-Determination is...

- 1** Knowing and believing in yourself
- 2** Knowing what you want your future to be and how to plan to get there
- 3** Knowing what help you need to take control of your life





## **How can being Self-Determined help you at school?**

You can make your own decisions about your education by participating in your IEP meeting!

## **Why is it important for you to participate in your IEP meeting?**

1. The meeting is about you.
2. You need to have a voice and help to make decisions that affect your education and your life.
3. The meeting gives you a chance to practice social, advocacy and communication skills that you will need in the future.
4. Being a part of developing your goals helps you to reach your goals.

# QUESTIONS TO ASK YOURSELF

Name \_\_\_\_\_

Date \_\_\_\_\_

**What am I good at?**

**What is my plan?**

**What is my dream?**

**Who accepts me?**

**Who am I?**

**What is my story?**

**Who loves me?**

**What do I need?**

**Who will help me?**

# When you need help...



1. Do you ask for help?  
How do you ask for help?
2. How do you know when you are upset?  
Do you tell someone when you are upset?
3. Do you tell your parents or teachers what you want and need?
4. Do you know about your disability?
5. Do you help make decisions about your IEP?
6. Do you make choices for yourself?  
How do you communicate your choices?

# GOOD DAY PLAN

Name \_\_\_\_\_

Date \_\_\_\_\_

## Good Day

What happens on a  
Good Day?

## Now

Does it  
happen now?

## Action

What needs to  
happen to make  
it a Good Day?

## Support

Who can help me?

# ONE PAGER

Name \_\_\_\_\_

Date \_\_\_\_\_

## My Strengths

## My Interests

## My Preferences

## My Needs



# GOAL PLAN

Name \_\_\_\_\_

Date \_\_\_\_\_

## My Goal




## Next Step to Reach my Goal



## Outcomes

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## People Who Can Support Me to Reach My Goal





1825 K Street, NW, Suite 1200  
Washington, DC 20006

**TheArc.org**

(800) 433-5255

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