

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

Resources

- <u>I'm Determined Website</u>
- I'm Determined: <u>Toolbox for Self-Determination</u>
 - 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: <u>One Pager Web App</u> 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: <u>English Version</u> and <u>Los Padres</u> (Spanish Version)
- Kansas Technical Assistance System Network (TASN): Self-Efficacy
- Michigan Alliance for Families-<u>Self-Determination</u>
- National Center for Learning Disabilities: <u>Agents of Their Own Success: Self-Advocacy Skills and</u> Self-Determination for Students with Disabilities in the Era of Personalized Learning
- National Technical Assistance Center on Transition-The Collaboration (NTACT-C): <u>Self-Determination</u>
- National Technical Assistance Center on Transition-The Collaboration (NTACT-C) <u>Student-</u> <u>Directed Transition Planning</u> (topics including self-efficacy)
- Pacer's National Parent Center on Transition and Employment: Self-Determination
- <u>The Center for Self-Determination</u>

Videos Shared in Session 1:

- I'm Determined: <u>One-Pager Overview</u>
- Self-Awareness: Felicia Likes Her Food Not to Touch
- Self-Confidence: <u>Tips for Success-Self-Determination-Wisconsin Board for People with</u> <u>Developmental Disabilities</u>