



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
	<p><u>Activity 1</u></p> <ol style="list-style-type: none"> 1. Complete the I'm Determined Self-Determination Checklist Student Self-Assessment <ul style="list-style-type: none"> • Pick 2 things you scored a "1" on (rarely or never) or "2" (sometimes) and would like to work on. • Optional: Have your parents download the I'm Determined Self-Determination Parent Checklist and talk about how you both answered the questions. Talk about clarify any areas you scored differently.
	<p><u>Activity 2</u></p> <ol style="list-style-type: none"> 1. Download the SPIN One-Pager Template (SPIN=Strengths, Preferences, Interests, Needs) <ul style="list-style-type: none"> • For additional information: Go to the I'm Determined One Pager web page on the One Pager, an overview video, and information and videos on each of the SPIN areas, and how to use the One Pager. 2. Fill out the SPIN One Pager with your at least 2 strengths, 2 preferences, 2 interests, and 2 needs. One-Pager Video. <ul style="list-style-type: none"> • Use SPIN Example List in your handouts for ideas. • Use the <i>I'm Determined Self-Determination Checklist Student Self-Assessment</i> (from Activity 1 above) to help with areas you scored "1" or "2" 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 for home, school, and in the community • Ask your parents or other trusted person for help if you need it 3. 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