

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

Stacie Rulison, Facilitator



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Zoom Meeting

Unmute Start Video microphone and video controls

CC Live Transcript closed captions, select show subtitles





Reactions yes, no, raise hand


Chat handouts, links, tech support, questions/comments, survey link



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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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Introductions in Chat

Your Name 

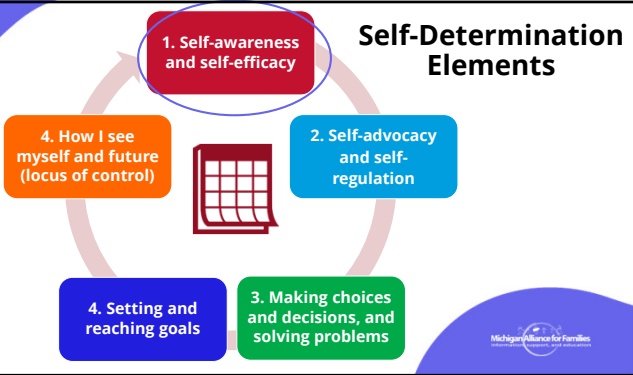
Town You Live In 

Favorite thing to do in your spare time 



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Self-Determination Elements




1. Self-awareness and self-efficacy

2. Self-advocacy and self-regulation

3. Making choices and decisions, and solving problems

4. Setting and reaching goals


4. How I see myself and future (locus of control)



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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. Waiting for my parents or teachers to tell me what to do.
- B. Getting help from other people I trust then making my own decision. never needing help.
- C. I should never need help in making decisions.

(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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Where can we be self-determined?



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



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We use self-determination EVERYWHERE!

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Self-Awareness and Thoughts



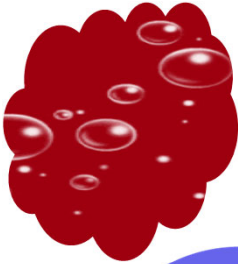
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Thoughts

Our thoughts help us be more self-aware

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




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Thinking

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



My head hurts

Math is so easy for me

I can't wait to see that new movie

Should I take my umbrella today?

I am worried about getting to work on time

Yum, McDonald's for dinner

I need to take 10 breaths and try to relax

?

?

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Knowing about Me

I know myself better when I think about...

- What I am feeling
- What I like to do (my interests)
- What I am good at (my strengths)
- What I need to work on (my areas to grow)
- What supports I need
- How my disability might make some things harder
- How my actions can affect others






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Other people...

A. Always have the same thoughts as me
 B. Always have different thoughts than me
 C. Can have the same or different thoughts than me

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

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My Thoughts-Your Thoughts

- I have my own thoughts
- Other people have their own thoughts
- Sometimes we have the same thoughts
- Many times, we have different thoughts




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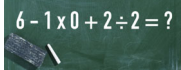
My Thoughts-Your Thoughts


- I like pizza with only pepperoni 
- I don't like to play Mario 



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My Thoughts-Your Thoughts

- I love to make a snowman 
- Math is so easy for me 





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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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Your SPIN

SPIN=
Strengths
Interests
Preferences
Needs

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Thinking about our SPIN

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

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Strengths

Strengths are...

- What I am good at

Examples:

- 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 vs. 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?

Examples:


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



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Where to use 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

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Self-Awareness


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

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

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Self-Awareness



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




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Video on Self-Confidence





1. Watch the video
2. Think of one thing you learned or something you 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 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 they need to work on!

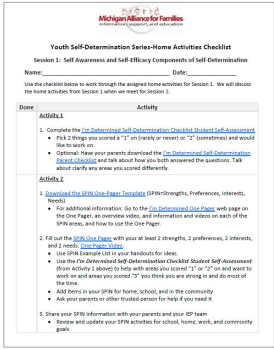



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Home Activities (Review Next Week)





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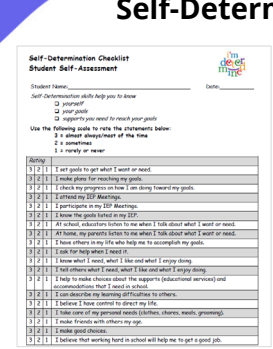
Home Activities Checklist

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

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

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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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For more information visit:
<https://www.michiganallianceforfamilies.org>

Call: 800-552-4821
 En Español 313-217-1060
 Statewide Email: info@michiganallianceforfamilies.org



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Michigan Alliance for Families is an IDEA Grant Funded Initiative of the Michigan Department of Education, Office of Special Education (MDE-OSE); the Michigan Department of Lifelong Education, Advancement, and Potential (MILEAP); and Michigan's Federal Parent-Training and Information Center (PTIC) funded by the U.S. Department of Education, Office of Special Education Programs(OSEP).

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