

# Michigan Alliance for Families

## Series 2-Session 1: Self-Determination and Self-Advocacy

### Resources

#### Self-Determination

- ARC [The Arc@School's Self Determination Toolbox for Students/Estudiantes](#)
- [I'm Determined Website](#)
- I'm Determined: [Toolbox for Self-Determination](#)
- Michigan Alliance for Families-[Self-Determination](#)

#### Self-Advocacy

- [AbleSpace](#): Examples of Self-Advocacy IEP Goals for Special Needs Students. Covers communication, accommodations in the community, requesting accommodations, IEP participation, strengths and areas for growth, and more.
- Everyday Speech: [Understanding IEP Goals-Promoting Self-Advocacy for Students](#)-discusses benefits of self-advocacy, independence, self-awareness, effective communication skills, and more
- Michigan Alliance for Families-[Self-Advocacy](#)
- Pacer's National Parent Center on Transition and Employment: [Advocating for Myself](#)
- Pacer's National Parent Center on Transition and Employment: [Your IEP Meeting: A Great Place to Practice Self-Advocacy Skills](#)
- [PEATC Life Skills Checklist](#): focuses on personal, home, and community skills
- Statewide Autism Resources and Training (START): [iQuest](#); a list of ideas for [Home Independence Goals](#) and [School Independence Goals](#)
- Zarrow Institute on Transition and Self Determination:
  - [Zarrow Institute Self-Determination, Self-Awareness, Self-Advocacy Assessments](#): easy to use self-assessments for areas of independence in life skills
  - [Zarrow Institute on Transition and Self-Determination: Curriculums](#)
    - [ChoiceMaker Self-Determination Transition Curriculum](#): modules on Setting Goals, Taking Action, and Self-Directed IEPs. *Scroll down page-first resource listed.*
    - [Me! Lessons for Teaching Self-Awareness and Self-Advocacy](#): lessons for educators and families for teaching self-awareness and self-advocacy. *Scroll down the page—second resource listed.*