Enhancing Self-Determination for Transition-Age Students At Home

What is self-determination?

- Self-determination is about **acting or causing things to happen in your life.**
- Self-determination is about knowing your strengths and growth opportunities, and sometimes being self-determined might be asking others for ideas and supports.
- Students can build abilities associated with self-determination (like setting goals and solving problems) *anywhere*, including at school, home, and work as well as in the community.
- Self-determination has three parts:
  - **DECIDE** (learning strengths and areas of need, setting goals based on a vision for the future)
  - **ACT** (solving problems in working towards goals, thinking about different pathways to move through barriers)
  - **BELIEVE** (feeling empowered to reach goals, knowing one can make changes and be supported their life)

DECIDE
- I use my strengths and areas of need to identify goals.
- I choose goals based on my vision for future.

ACT
- I work to solve problems as I move towards my goals.
- I think about different pathways to get around barriers to my goals.

BELIEVE
- I feel empowered to take action toward my goals.
- I know I can do things and be supported as I work towards my goals.

How do students DECIDE?

- DECIDE their goals based on their preferences, interests, strengths, and needs.
- DECIDE which of their goals is most important to work toward first.

What can it look like to DECIDE at home?

- Students and family members can **engage in a discussion about goals** they would like to accomplish at home and how they support each other.
- Family members can support each other to identify things that are going well and ways that they can grow.

How do students ACT?

- ACT by creating a plan to reach their goals and deciding how they will self-monitor their progress and get feedback from key people in their life, like family members.
- ACT by directly facing challenges and opportunities they encounter while working toward their goals.

What can it look like to ACT at home?

- **Come up with ideas on how to remember tasks** (like schoolwork, chores) that need to be completed, such as using sticky notes or checklists.
- Ask family members to work together and create a family schedule that everyone can monitor.

How do students BELIEVE?

- BELIEVE that they can use their skills and the resources (people, supports) around them to reach a goal.
- BELIEVE that they have what it takes to reach their goals when they try.

What can it look like to BELIEVE at home?

- **Celebrate when students take steps toward a goal** (like using a checklist to know what tasks need to be completed).
- Encourage students to continue to follow the steps they've planned to follow to reach their goals.

Get started today! Support students to take the
Self-Determination Inventory: Student Report (SDI:SR)

The SDI:SR is **validated measure of self-determination** that asks students questions about how they feel about their ability to be self-determined; that is to make choices, set and go after goals, and make decisions.

Who takes the SDI:SR?

- The SDI:SR is designed for **young people ages 13-22 with and without disabilities.**
- It include 21 items and takes only 10 minutes to complete.
- The SDI:SR also has built-in accessibility features, including:
  - Audio that reads the questions aloud
  - In-text definitions of words
  - Compatibility across tablets and smartphones

What information does the SDI:SR provide about a student's self-determination?

- After taking the SDI:SR, **students instantly receive a friendly report** that summarizes their self-determination (see sample report page screenshot).
- The SDI:SR Report provides students with a summary of their self-determination (**DECIDE**, **ACT**, and **BELIEVE**) and actions they can take to enhance their abilities associated with self-determination.
- Also, students can download PDF versions of the SDI:SR Report with or without scores.
- Students and family members can discuss their SDI:SR Report results using the SDI:SR Report Guide and collaborate to identify ways to enhance their self-determination while at home.
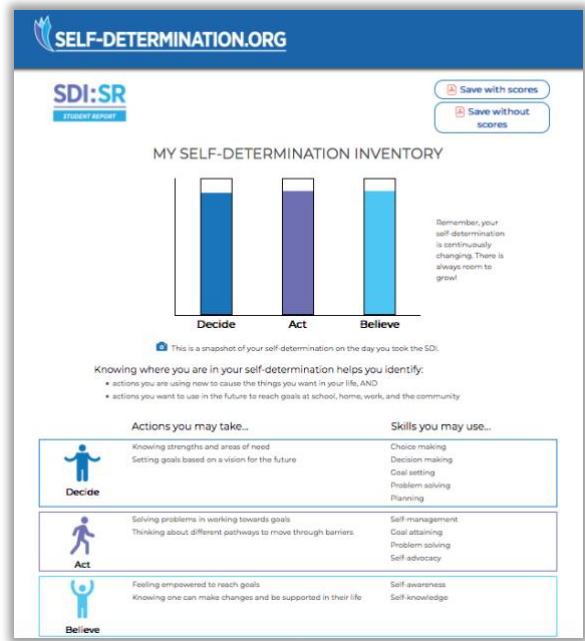
How can the SDI:SR be used to guide instruction?

- The **SDI:SR aligns with an evidence-based intervention to promote self-determination**, the *Self-Determined Learning Model of Instruction* (SDLMI).
- The SDLMI enables students to:
    1. Set goals to achieve meaningful outcomes
    2. Create action plans to achieve those goals
    3. Self-evaluate progress toward their goals and adjust their goal or plan
- More information about the SDLMI is provided at www.self-determination.org

How can students access the SDI:SR?

- To take the SDI:SR version one-time, students can follow these steps:
    1. Go to https://tinyurl.com/SDISR or use the QR code provided
    2. Enter student first name, last name, and click "Begin the SDI:SR"
    3. Follow the directions until the SDI:SR Report is generated
- To take the SDI:SR repeatedly to see changes in self-determination using the Self-Determination Inventory System (SDIS) Data Dashboard, go to www.self-determination.org and complete a contact form to find out more!

For more information, please visit: **SELF-DETERMINATION.ORG**