



Say What?

The Skills and Beliefs of Self-Determination

Cesar



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WHAT IS SELF-DETERMINATION?

SELF-DETERMINATION



- **Knowing** yourself and your strengths and needs.
- Making **decisions** about the supports you need to take control of your life.
- **Believing** that you can influence your future and making plans to achieve that future.

EXAMPLE # 1: WHEN YOU HAVE IDEAS



EXAMPLE # 2: WHEN YOU MAKE CHOICES



EXAMPLE # 3: WHEN YOU KNOW AND CARE FOR YOURSELF ✨





Skills

Abilities

Beliefs

Choice Making

The skill of selecting a path forward between two known options.

Cm

Decision Making

The skill of selecting a path forward based on various solutions that have each been thoughtfully considered.

Dm

Problem Solving

The skill of finding solutions to difficult or complex issues.

Ps

Goal Setting & Attainment

The ability to develop a goal, plan for implementation, and measure success.

Gs

Self-Regulation

The ability to monitor and control one's own behaviors, actions, and skills in various situations.

Re

Self-Advocacy

The skills necessary to speak up and/or defend a cause or a person.

Ad

Internal Locus of Control

The belief that one has control over outcomes that are important to his or her own life.

Lc

Self-Efficacy

Belief in one's own ability to succeed in specific situations or accomplish specific tasks.

Ef

Self-Awareness

Basic understanding of one's own strengths, needs, and abilities.

Aw



Skills

What is your earliest memory of problem-solving on your own?

Skills

When was a time that you felt you had the freedom to make a choice? Can you explain what freedom feels like?



Skills

How have you supported students to give them the skill to make choices? What are the most effective ways to promote choice making?



Skills

What is the constant barrier that you see that stops students from making their own choices?



Abilities

How do you regulate your emotions in frustrating situations?



Abilities

Can you give me an example of an individual goal you had when you were in elementary and an example of a goal you have now?





Abilities

Do you have an example during elementary school where you were stuck in a hard situation and found your way out?



Abilities

Have you ever faced a moment where you spoke up for yourself and you were told NO, or I can't help? Does that discourage you?

Beliefs

How do you reassure yourself when things seem out of control?



Beliefs

How might you describe yourself to someone meeting you for the first time?





Beliefs

What has helped you build up your self-esteem when you get knocked down by life circumstances?

Beliefs

How would you use your life experiences, where you clearly believed in yourself, to help others believe and do the same?





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Thank You



Questions?