

Say What? The Skills and Beliefs of Self-Determination

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IMD





WHAT IS 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





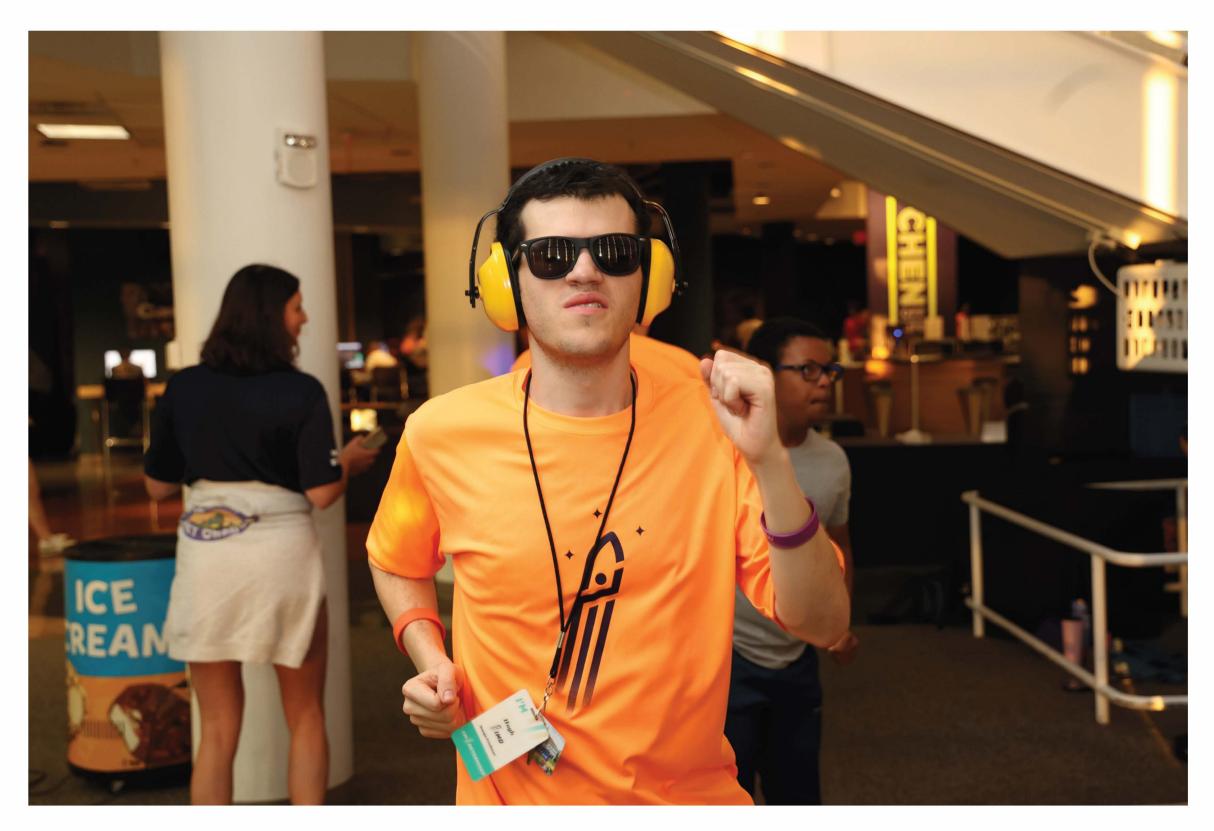
EXAMPLE # 2: WHEN YOU MAKE CHOICES







EXAMPLE # 3: WHEN YOU KNOW AND CARE FOR YOURSELF



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Skills

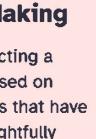
Abilities

Beliefs



Choice Making	Decision Making
The skill of selecting a path forward between two known options.	The skill of selecting a path forward based on various solutions that have each been thoughtfully considered.
Cm	Dm
Goal Setting & Attainment The ability to develop a goal, plan for implementation, and measure success.	Self-Regulation The ability to monitor and control one's own behaviors, actions, and skills in various situations
Internal Locus of	Self-Efficacy
Control The belief that one has control over outcomes that are important to his or her own life.	Belief in one's own ability to succeed in specific situations or accomplish specific tasks.





Problem Solving

The skill of finding solutions to difficult or complex issues.

Self-Advocacy

The skills necessary to

cause or a person.

speak up and/or defend a



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Self-Awareness

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





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

Skills



When you felt you make a explain like?

Skills

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



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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?



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

Beliefs



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

Beliefs



Beliefs

What has helped you build up your selfesteem 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?

I'm determined to succeed.

Find tools and support to help you set goals, be heard, and reach for the stars.







imdetermined.org

