

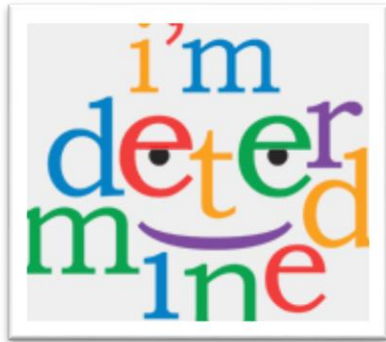


RESOURCES ON SELF-DETERMINATION

Lower Hudson RSE-TASC

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i'm determined <http://www.imdetermined.org/>

FREE

Self-Determination Assessments <http://www.imdetermined.org/educators/resources/>
Lesson Plans http://www.imdetermined.org/quick_links/life_lines/

The I'm Determined project, a state directed project funded by the Virginia Department of Education, focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior. This project facilitates youth, especially those with disabilities to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger.



ChoiceMaker Self-Determination Assessment & Lessons

FREE

<http://www.ou.edu/content/education/centers-and-partnerships/zarrow/choicemaker-curriculum/choicemaker-self-determination-materials.html>

The ChoiceMaker Self-Determination Transition Curriculum (pdf) teaches middle and secondary students the self-determination skills needed to be successful in school and adult life. It consists of three strands:

1. Choosing educational, vocational, and personal goals
2. Expressing goals via active student involvement in IEP meetings
3. Taking action to attain IEP goals

Six ChoiceMaker Self-Determination instructional packages teach students the skills identified in the ChoiceMaker Curriculum.

Educators and family members of individuals with disabilities may download ChoiceMaker lesson materials at no cost. Feel free to modify and improve the lessons. Please send your modified versions and suggestions to zarrowcenter@ou.edu so that they may be considered for posting for others to use.

Funding from the U.S. Department of Education, Office of Special Education Programs supported the development and field testing of the ChoiceMaker Curriculum materials



IMD3 App

FREE

<https://itunes.apple.com/us/app/imd3/id932867714?mt=8>

The I'm Determined One3 is a tool set to empower students with disabilities and educators. The latest edition of the I'm Determined Project's tool set, allows students to create self-evaluations, set individual goals, and plan good days. The app combines the functionality of the OnePager, Goal Setting, and Good Day Plan into one easy to use application; keeping your students entries all in one place. This allows for educators to comprehensively evaluate students, review their progress over time, and make adjustments within the classroom to best cater to successful outcomes for your class.

It's My Future! App

\$2.99

<https://itunes.apple.com/us/app/its-my-future!/id599009088?mt=8&ign-mpt=uo%3D2>

It's My Future is designed to support adults with developmental disabilities to become more self-determined and to meaningfully participate in their annual planning meetings. This App, produced by AbleLink Technologies, Inc. in conjunction with the Kansas University Center on Developmental Disabilities at the University of Kansas, provides self-paced videos to enable people with developmental disabilities to learn more about planning meetings.



Helpful Toolkits

Advising Through Self-Determination

http://nqsd.org/sites/default/files/advising_through_self-determination.pdf

Self-Determination Toolkit

<http://www.asec.net/Archives/Transitionresources/ToolKit.pdf>

It's my Future Toolkit

<http://www.aucd.org/docs/Its%20My%20Future.pdf>

With a constant focus on self-determination, the NEXT S.T.E.P. (Student Transition and Educational Planning) curriculum helps students learn how to take charge of their own transition planning process. The topics range from jobs, education and training, personal life, and living on one's own. The ultimate goal of this curriculum is to help students assume responsibility for important life decisions with support from teachers and parents.

NEXT S.T.E.P. contains 16 lessons with fully developed lesson plans PLUS scope and sequence for the lessons to increase student involvement. Enrichment activities and reduced paperwork increase student motivation as they develop their own Individualized Transition Plans. The manual, Teachers Talking to Teachers, contains useful suggestions from teachers who have used the NEXT S.T.E.P. curriculum successfully

Next S.T.E.P.

<http://www.proedinc.com/customer/productView.aspx?ID=3485>



\$160



<http://www.stateart.com/works.php?world=4>

My Future My Plan is a transition planning resource can be used to engage groups of students with disabilities, their families, and professionals in the transition planning process. It includes a video, video discussion guide, a planning and resource book for students, and a guide to the book for family members and teachers. My Future My Plan encourages students to take a lead role in planning the life they want after high school. The award-winning resource was developed in collaboration with the National Center on Secondary Education and Transition at the Institute on Community Integration (UCEDD), University of Minnesota. It is available with close captions, in Spanish and English language versions, with audio descriptions for people with low vision, and in large print and braille editions. The student workbook contains over 300 pages of useful information and photocopyable forms including a sample IEP.



National Gateway to Self-Determination

Resources. Information. Research to Practice.

<http://www.ngsd.org/>

A clearinghouse for resources, training, and information on promoting self-determination. Leadership of the National Training Initiative is comprised of representatives from five University Centers for Excellence in Developmental Disabilities (UCEDD), also funded by ADD.

Self-Determination Assessments		\$COST\$	Completed by	Comments
Supplier/Web Site				
AIR Self-Determination Assessment	http://www.ou.edu/content/education/centers-and-partnerships/zarrow/self-determinationassessment-tools/air-self-determination-assessment.html	FREE	Parent Educator Student	The AIR measures two broad self-determination components. Capacity refers to the student's knowledge, abilities, and perceptions that enable them to be self-determined. Opportunity refers to the student's chances to use their knowledge and abilities.
ARC Self-Determination Assessment	http://www.ou.edu/content/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/arc-self-determination-scale.html	FREE	Student	ARC Scale yields a total self-determination score and 4 sub-scores <ul style="list-style-type: none"> • Autonomy • Self-Regulation • Psychological Empowerment • Self-Realization
Personal Preference Indicators	http://www.ouhsc.edu/thecenter/products/childpreference.asp http://www.iidc.indiana.edu/styles/iidc/defiles/INS TRC/Webinars/Personal_Preference_Indicator.pdf	FREE	The individual with a disability, family members, friends, and knowledgeable professionals	These two tools provide self-advocates, families, professionals, and academic and community colleagues a means to develop plans that match the needs, strengths, and preferences of students and adults with developmental disabilities.
Field Hoffman Self-Determination Assessment Battery	https://www.ghaea.org/index.php?option=com_content&view=article&id=412%3Atransitionplanning-field-hoffman-self-determinationassessment-battery&catid=16&Itemid=105	FREE	Student Educator Parent	Assess knowledge, behavior, and affective components of self-determination. Focuses on and delineates those variables related to self-determination that are within the individual's control and are potential targets for instructional intervention.
Book - Series: Informal Assessments for Transition Planning	http://www.proedinc.com	\$121 for All 3 Books \$47 for the Overview Book	Re-producible questionnaires and activities for students	<ul style="list-style-type: none"> • Employment • Daily Living • Health • Self-Determination • Leisure Activities • Community Participation • Interpersonal Relationships

