Building a Program to Support Self-Determination

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What is involved in Self-Determination?

- Choice Making
- Problem-Solving
- Decision Making
- Goal Setting & Attainment
- Self-regulation
- Self-awareness
- Self-efficacy
- Self-advocacy
How Can Students be Involved?

- Planning
- Drafting
- Meeting
- Implementation

Planning

- Preparing Parents
  - Are parents prepared and empowered to discuss “transition topics” at the case conference?
Planning

• Preparing Students
  – Self-awareness
    • Strengths, Needs, Interests, Goals
    • Choice Making - post-secondary goals, annual IEP goals, transition services & activities
  – Educational Rights
    • Understanding the IEP process
    • What is a “case conference” and who is there?

Planning

• Teaching Students to Plan
  – Self reflection
  – Gathering information from teachers
  – Understanding goals
Planning

- Preparing students for the case conference
  - Understanding terms and process
  - Write student script
  - Practice
  - Inform parents and team members

Drafting

- Help students understand the IEP “template”
  - Present Level of Performance
  - Post-secondary Goals
  - Annual IEP Goals
  - Services & Provisions
  - Transition Services & Activities
Meeting

- **Student Roles:**
  - Introductions
  - Present information at the conference
    - Strengths
    - Post-secondary goals and transition assessment
    - Annual goals

How We Began

- Identified our team
- Participated in Self-Determination training
- Established a realistic plan to begin
  - Start with 1-3 students
  - Identify parts of case conference student will participate
  - Determine how they will participate
    - Notecards/script
    - PowerPoint
    - Video
How We Began

- Identify desired outcomes and a system to measure effectiveness

How We Began

- Are parents informed?
  - Parent Case Conference Pre-planning Form
  - Conference Conversation Cues
  Southwest Cadre of Transition Leaders
Integrating into the Classroom

- Pre/Post Assessment Survey
  - Results drive future lessons
- Focus on the student at their conference
- Finding the time
  - Student resource time
  - One lesson per month
  - Reinforce self-advocacy every day
    - Problem Solving, Decision Making, Choice Making, Goal Setting, etc.

What They Taught Me

- Some students do not...
  - Always want to be involved in future planning.
  - Understand the meaning of an IEP.
  - Understand accommodations.
  - Advocate for themselves - because they don’t know how.
  - Understand their disability area or how it impacts their learning.
How We Are Moving Forward

- Creating a course focusing on “Self-Determination”
- Expanding SD lessons into other courses
  - Basic Study Skills Development
  - Math & Language Arts Lab Courses
- **ALL** students will present strengths and concerns at next year’s case conference

What’s Next

- Training other teachers
  - Professional Development
  - Teachers Training Teachers
- Monitoring effectiveness
- Involving additional students
- Expanding student understanding
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