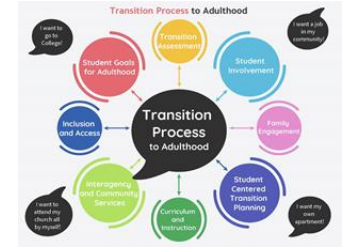




# Self-Determination



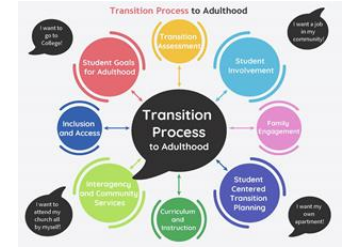
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Sub-Category	Target Population	Activities	Name	Link	Cost
Self-Advocacy	Students with developmental disabilities	This site features videos about the importance of self-advocacy. Teachers and parents can use these as supplements to self-advocacy lessons.	Self-Advocacy Online	<a href="http://www.selfadvocacyonline.org/learning/">http://www.selfadvocacyonline.org/learning/</a>	Free
Self-Advocacy	Students with developmental disabilities	Each questionnaire can be used as a tool to give the student a voice regarding preferences and needs. Most students will need assistance completing the questionnaire or the questions may be completed by parent/guardian.	Preference Indicators	<a href="https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-assessment---severe-disabilities/preference-indicators">https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-assessment---severe-disabilities/preference-indicators</a>	Free
Self-Advocacy for College	IRR	Information about self-advocacy, rights in high school vs college, resources for teachers to use for role playing, and training videos on self-advocacy and conflict resolution. Teacher support may be needed.	Self-Advocacy and Conflict Resolution Strategies Made Easy	<a href="https://dholzberg.wixsite.com/sacrinstruction">https://dholzberg.wixsite.com/sacrinstruction</a>	Free

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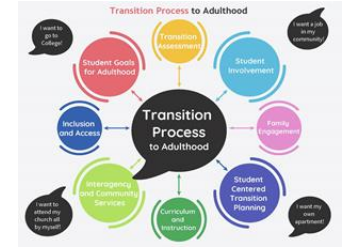
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<b>Self-Advocacy for College</b>	IRR	Information about self-advocacy, rights for HS vs college, resources for teachers to use for role playing, and training videos on self-advocacy and conflict resolution. Students may need additional support.	<b>Self-Advocacy and Conflict Resolution Strategies Made Easy</b>	<a href="https://dholzberg.wixsite.com/sacrinstruction">https://dholzberg.wixsite.com/sacrinstruction</a>	Free
<b>Self-Awareness</b>	All middle and high school students	Develop a profile using the “Positive Personal Profile”.	<b>Positive Personal Profile</b>	<a href="https://transcen.org/wp-content/uploads/2019/06/Blank-Positive-Personal-Profile.pdf">https://transcen.org/wp-content/uploads/2019/06/Blank-Positive-Personal-Profile.pdf</a>	Free
<b>Self-Awareness</b>	All middle and high school students	Eye to Eye helps students who learn differently discover themselves. Some students may need more guidance	<b>Eye to Eye Empower</b>	<a href="https://apps.apple.com/us/app/eye-to-eye-empower/id1192367658">https://apps.apple.com/us/app/eye-to-eye-empower/id1192367658</a>	Free in iPhone App Store
<b>Self-Awareness, Disability Awareness, and Goal Setting</b>	All middle and high school students	The “Bell Ringers” focus on the areas of self-awareness, disability awareness, goal setting. Students are also taught about how to lead their IEPs. There are two versions of the bell ringers, one for secondary students and one for elementary age students. There is a supplemental version for secondary students working on alternate achievement standards. Also, we provided real life transitional math bell ringers aligned with personal financial literacy objectives. All three versions of bell ringers include approximately 50 slides, not all of the slides have to be used, and can be downloaded and adapted for teacher’s preferences.	<b>Transition Bell Ringers</b>	<a href="https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-bell-ringers">https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-bell-ringers</a>	Free

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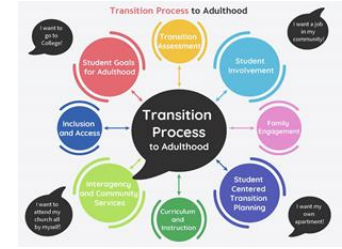
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<b>Goal Setting</b>	All students	The ChoiceMaker Curriculum consists of three strands: (1) Choosing Goals, (2) Expressing Goals, and (3) Taking Action. Each strand addresses teaching objectives in three transition areas: Education, Employment, and Personal.	<b>ChoiceMaker Self-Determination Curriculum</b>	<a href="https://www.ou.edu/education/centers-and-partnerships/zarrow/choice-maker-curriculum">https://www.ou.edu/education/centers-and-partnerships/zarrow/choice-maker-curriculum</a>	Free
<b>Self-Monitoring</b>	All students K-12	Habit Streaks is a simple habit tracker that allows you to celebrate your daily accomplishments by marking them complete. Students learn to create good habits and break bad ones.	<b>Habit Streak</b>	<a href="https://apps.apple.com/us/app/habit-streaks-create-good-habits-break-bad-ones/id888808618">https://apps.apple.com/us/app/habit-streaks-create-good-habits-break-bad-ones/id888808618</a>	Free in iPhone App Store
<b>Achieving Goals</b>	All students K-12	Activities help students assess the behaviors and competencies they need and have to achieve their long-term goals.	<b>Casey Life Skills Resources</b>	<a href="https://www.casey.org/casey-life-skills-resources/">https://www.casey.org/casey-life-skills-resources/</a>	Free
<b>Writing Goals</b>	All middle and high school students	The GO 4 IT...NOW strategy instruction is designed to teach students paragraph writing skills while simultaneously teaching them to write personal goals and objectives. Teachers can teach students to memorize and learn to apply the mnemonic strategy using six steps. Use both links.	<b>GO 4 IT...NOW</b>	<a href="https://transitionta.org/system/files/resourcefiles/LP_GO%204%20IT%20NOW_Writing%20Strategy_2019%20.pdf">https://transitionta.org/system/files/resourcefiles/LP_GO%204%20IT%20NOW_Writing%20Strategy_2019%20.pdf</a>  <a href="https://ytp.uoregon.edu/sites/ytp2.uoregon.edu/files/Val%20Mazzotti-%20Go%204%20IT...Now%20Materials.pdf">https://ytp.uoregon.edu/sites/ytp2.uoregon.edu/files/Val%20Mazzotti-%20Go%204%20IT...Now%20Materials.pdf</a>	Free

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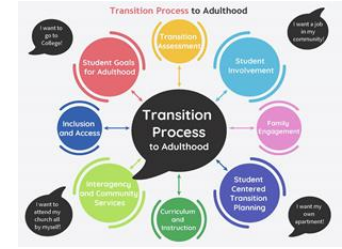
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<b>Multiple</b>	IRR and students with mild disabilities	Through a series of guided lessons, the student begins to identify their strengths and challenges and gains the self-awareness and self-advocacy skills. Instruction is required for this material.	<b>About ME!</b>	<a href="https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy">https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy</a>	Free
<b>Multiple</b>	IRR and students with developmental disabilities	This link provides a series of journal starters to promote self-awareness and self-advocacy. It can be used as a supplement to the About Me! Curriculum or to any self-advocacy curriculum. Instruction is required for this material.	<b>Transition Bell Ringers</b>	<a href="https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-bell-ringers">https://www.ou.edu/education/centers-and-partnerships/zarrow/transition-education-materials/transition-bell-ringers</a>	Free
<b>Multiple</b>	All students Pre-K thru 12	Active Student Participation Inspires Real Engagement (ASPIRE) is the Georgia student led IEP initiative. Students develop self-determination by learning how to participate in their IEP meeting. The link provides resources for beginning a student led IEP or participating in the ASPIRE initiative.	<b>ASPIRE</b>	<a href="https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Pages/Self-Determination.aspx">https://www.gadoe.org/Curriculum-Instruction-and-Assessment/Special-Education-Services/Pages/Self-Determination.aspx</a>	Free
<b>Multiple</b>	IRR and students on modified curriculum	The site contains lessons for teachers and videos. Activities for students are provided to guide students through the decision-making process and build critical thinking, and social and emotional skills. Self-determination skills include making good decisions, building good habits and mindfulness.	<b>Alliance for Decision Education</b>	<a href="https://programs.alliancefordecisioneducation.org/collections">https://programs.alliancefordecisioneducation.org/collections</a>	Free. Requires registration

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