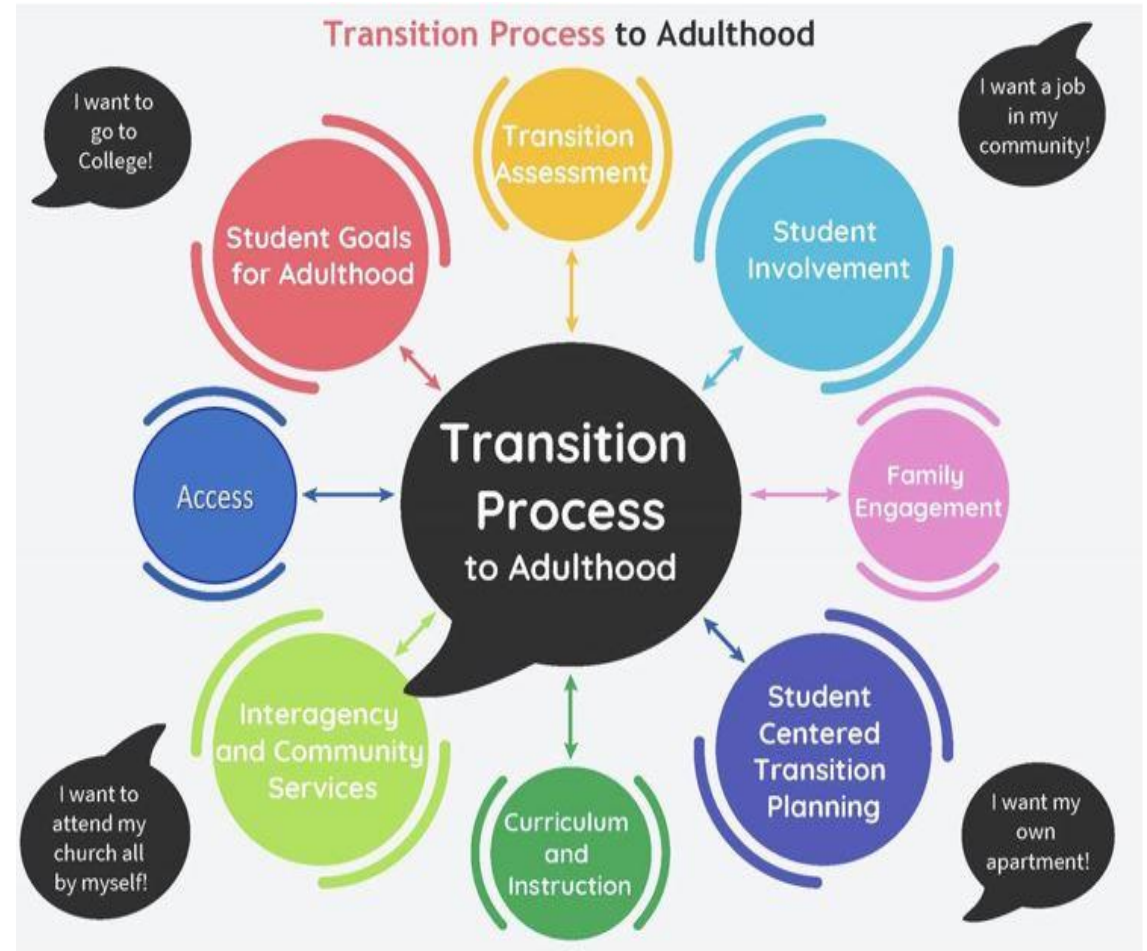


The Self-Determined Learning Model of Instruction (SDLMI) and the Self-Determination Inventory (SDI)

SELDA

October 20, 2021



Adapted from "Your Complete Guide to Transition Planning and Services" (Morningstar and Clavenna-Deane, 2018)

What is Self-Determination?

- Acting or causing things to happen in their life
- Knowing your strengths and growth opportunities
- Being able to advocate for supports
- Three parts associated with the Self-Determined Inventory:
 - **Decide:** learning strengths and areas of need, setting goals for the future
 - **Act:** working towards goal and solving problems; knowing different ways to overcome challenges
 - **Believe:** feeling that they are able to reach their goals; feeling empowered to make changes that support their desired life choices

Abilities and Skills Associated with Self-Determination

- Choice making
- Decision making
- Problem solving
- Goal setting and attainment
- Planning
- Self-management
- Self-advocacy
- Self-awareness
- Self-knowledge

Also referred to as:

- Executive processing skills
- 21st century learning skills
- College and career readiness skills
- Metacognitive skills

Self-Determined Learning Model of Instruction (SDLMI)

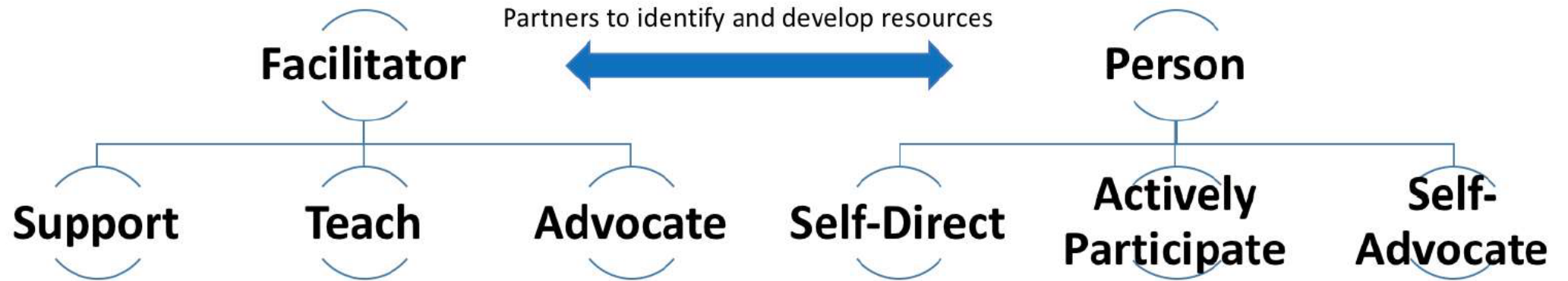
SDLMI

- Goal setting/goal attainment **process**
- Use across all environments and course work
- Student Engagement
 - Use with student-led IEPs
 - Connect to transition planning

Some of these goals might be related to:

- Skills in academic subject areas
- Study skills or self-management Vocational outcomes
- Career exploration (transition)
- Social interaction
- Behavior
- Home and community

Roles of Facilitator and Person



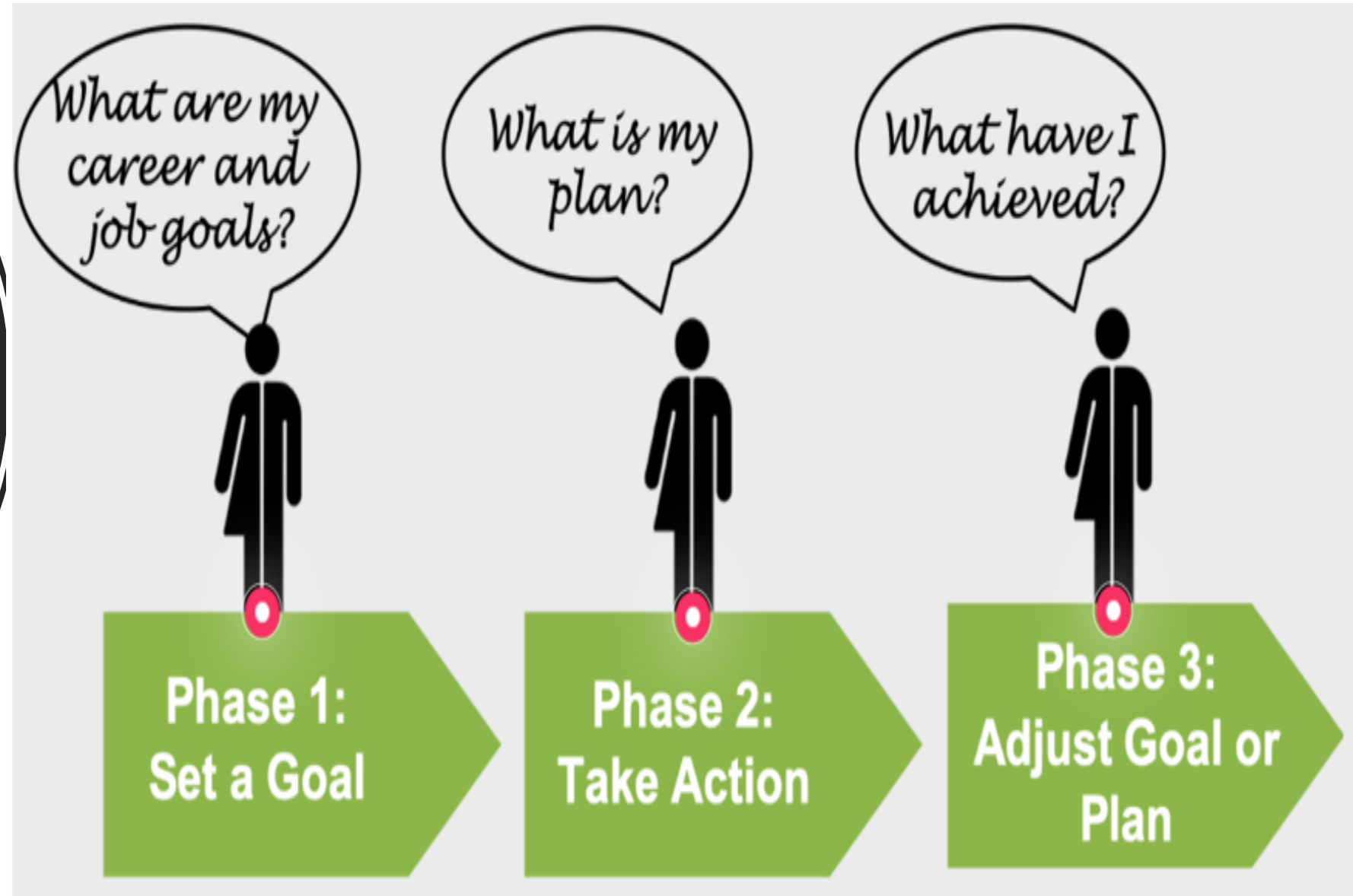
- **Facilitator**

- Support the student
- Teach the steps
- Advocate for the student

- **Person/Student**

- Self-Directed
- Actively Participates
- Self-Advocate

Three Phases of the SDLMI





Phase : Set A Goal

- What are my career and job goals?
 - The student uses a series of questions to identify and set their career and job
 - Based on the student's strengths, interests, and abilities to address the problem

Questions for Phase 1

- What career and/or job do I want?
- What do know about it now?
- What must change for me to get the job and career I want?
- What can I do to make this happen?



Phase 2: Take Action

- What is my plan?
- The student develops an action plan to achieve the goal they set in Phase 1

Use a journal or process to track their progress

Questions for Phase 2

- What actions can I take to meet my career or employment goals?
- What could keep me from taking action?
- What can I do to remove these barriers?
- When will I take action?

Phase 3: Adjust Goal or Plan

- What have I achieved?
- The student evaluates their progress towards the goal
- They adjust as needed or if achieved begin a new goal



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Questions for Phase 3

- What actions have I taken?
- What barriers have been removed?
- What has changed to get me to career and/or job I want?
- Have I achieved what I want to achieve?

- Set another goal or make a new action plan

Goal Attainment Scale (GAS)

- Goal Attainment Scale (GAS): an individualized outcome measure involving goal selection and goal scaling in order to capture the extent to which a person's goals are met
 - One goal chosen by the student
 - Monitored by the student
 - Measures created by the student

The Self-Determination Inventory: **Student Report (SDI:SR)**

- The Self-Determination Inventory System (SDIS), available online, is a suite of tools that measure a person's self-determination
- Self-report measure validated for young people ages 13-22 with and without disabilities
- 10-30 minutes to complete (varies)
- This is a snapshot of your self-determination on the day you took the SDI
- Offers audio that reads the questions aloud and in-text definitions of words

Self-Determined Action

Decide:

- I use my strengths and areas of need to identify goals.
- I choose goals based on my vision for future.

Act:

- I work to solve problems as I move towards my goals.
- I think about different pathways to get around barriers to my goals.

Believe:

- I feel empowered to take action toward my goals.
- I know I can do things and be supported as I work towards my goals.



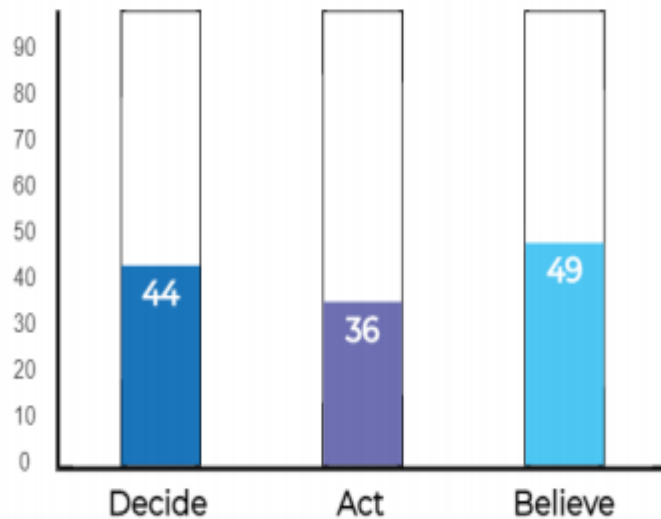
SDI:SR Score Sheet Report

 Save with scores

 Save without scores

SDI:SR Report with Scores

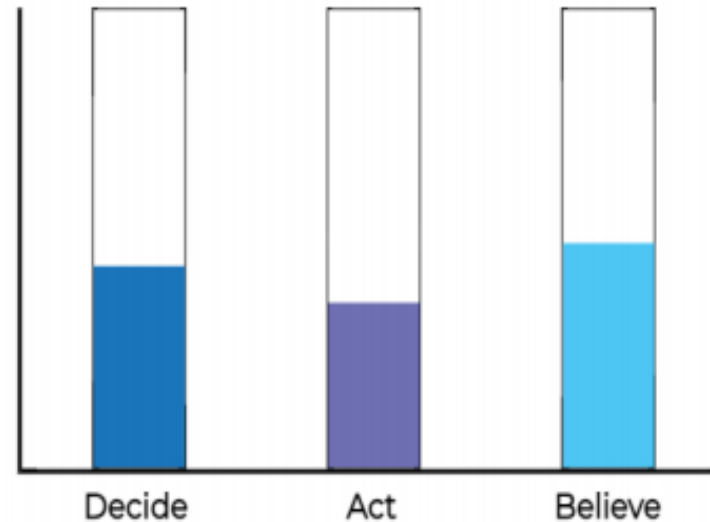
MY SELF-DETERMINATION INVENTORY



Remember, your self-determination is continuously changing. There is always room to grow!

SDI:SR Report without Scores

MY SELF-DETERMINATION INVENTORY



Remember, your self-determination is continuously changing. There is always room to grow!

[Self-Determination Inventory Student Report Guide](#)

Actions to Improve Scores

Decide

- Choice making
- Decision making
- Goal setting
- Problem solving
- Planning

Act

Self-management
Goal attainment
Problem solving
Self-advocacy



Believe

- Self-awareness
- Self-knowledge

Profile: 8th Grade Student (1st Transition Plan)

MY SELF-DETERMINATION INVENTORY



Remember, your self-determination is continuously changing. There is always room to grow!

- Choice making
 - Explore career or work interests based on IGP or other career assessments/interest inventory
- Decision making
 - Choose an education path and job preference based on the exploration

Profile: 11th Grade College Bound Student

MY SELF-DETERMINATION INVENTORY



- Self-advocacy
 - Practice requesting what they need
 - Know rights under the Americans with Disabilities Act
- Self-awareness
 - Discuss effectiveness of accommodations
 - Identify strengths
- Self-knowledge
 - Understand their disability

Profile: 10th Grade Student with ADHD

MY SELF-DETERMINATION INVENTORY



Remember, your self-determination is continuously changing. There is always room to grow!

- Self-management
 - Use an organizer
 - Improve executive functioning skills
- Goal setting
 - Set daily goal
 - Over all day
 - Per class
 - For a targeted area

Self-Determination.org



HOME

ASSESSMENTS

INTERVENTION

RESEARCH

RESOURCES

CONTACT



WHAT IS SELF-DETERMINATION?

Self-determination is about acting or causing things to happen in your life



**With Self-Determination
Comes Great Power**

Contact Information

Elise James

GaDOE Program Specialist

Transition Postschool Outcomes

ejames@doe.k12.ga.us

404-326-0421

