Promoting Self-Determination Through Goal Setting
Josh Taylor and Teresa Cogar
Housekeeping

- For educational and quality control, we will be recording this zoom session.
- By participating, you are consenting to being recorded.
- Before this session is shared, we will edit to remove identifying information to protect your privacy.
- The Q&A section will be removed and only be shared as an anonymous transcript.
What is Self-Determination?

“Being self-determined is about making things happen in your life.”

-Karrie A. Shogren
How do you make things happen?
Core Components

Choice Making
Decision Making
Problem-Solving
Goal Setting and Attainment
Internal Locus of Control
Positive Attributes of Efficacy and Outcomes
Self-Observation
Self-Evaluation
Self-Reinforcement
Self-Instruction
Self Advocacy and leadership
Self-Awareness
Self-Knowledge
Why Build Self-Determination Skills?
I can't do it
Shift in Thinking

- Dependent -> Independent
- Enable -> Able
- Teach -> Guide
- Lack of self -> Self awareness
- Disengaged -> Engaged
Why is self-determination important?

● Agency
  ○ Student independence
  ○ Improved school performance
  ○ Quality of life
● Outcomes
  ○ Self-determination predicts improved post-school outcomes in employment and post-secondary education
  ○ Emerging and moderate evidence for goal setting and youth autonomy/decision making in predicting these outcomes (Mazzotti et al., 2016)
Research Says..

• Students with disabilities who are more self-determined are twice as likely to be employed one year after high school.
• Three years after graduation, these students are more likely to have employment that includes benefits and are more likely to be living somewhere other than the family home.

(Wehmeyer, 2002)
How do we promote self-determination?

- Opportunities for individuals to be agents (e.g., set goals, self-advocate, make meaningful decisions) in real contexts and settings
- Maintaining high expectations for youth
- Explicit instruction in core components
  - I’m Determined
  - Self-Determined Learning Model of Instruction (SDLMI)
- Opportunities to practice self-determination in natural settings
- Inclusion in general education
- Student participation in IEP process
Setting the Stage

The environment plays a critical role in how well a student achieves self-determination.

It is important for the people in the student’s life to:
- encourage generalization of self-determination skills
- honor the choices and decisions the student makes
- support the goals that the student sets
Goal setting

- What is goal setting?
- Why is it important?
How to Set a Goal

S Specific. Make sure that the goal is clearly written.

M Measurable. Any metric requirement in the goal should be clearly defined and have specific numbers attached to it.

A Achievable. The goal should be within your ability to be accomplished and is not some crazy “pie in the sky” dream. Like, tripling your salary in 3 months or losing 50 pounds in a month.

R Relevant/Realistic The goal should personally matter to you and is worth your time and effort.

T Time-bound. There should be a specific start and stop date for the goal, including all the relevant steps and milestones along the way.
Goal Setting at Home

Goals can be based on their preferences, interests, strengths, and needs

• Doing chores
  – Taking care of pets, sweeping the floor, cleaning room
• Daily living routines
• Projects around the house
• Learning a new skill
  – Learn a musical instrument, how to use a computer program
• Planning long-term goals
• Social goals
• Ask your child!
<table>
<thead>
<tr>
<th>Level</th>
<th>Ideas</th>
</tr>
</thead>
</table>
| Elementary | ● Feed the family pet each day  
               ● Putting own clothes away  
               ● Learn to make a dish or snack  
               ● Plan a trip and what will be needed |
| Middle     | ● Learn a new hobby  
               ● Do own laundry  
               ● Set own schedule for the day  
               ● Invent a game and what will be needed to create it |
| High School| ● Cooking a meal for the family  
               ● Planning goals for career and housing after graduation  
               ● Planning a budget  
               ● Plan and execute a home improvement project for room |
I’m Determined Goal Plan
Name: David
Today's Date: May 18th, 2020

**My Goal**
I will wash and dry my clothes one time a week for a month.

**Next Steps to Reach My Goal**
Step 1 - Get a basket to put my dirty clothes in
Step 2 - Put my dirty clothes in the basket when I take them off.
Step 3 - Take my basket to the washer when it is full
Step 4 - Ask my mom to teach me how to turn the washer on and how much detergent to put in.
Step 5 - Put my clothes in the dryer after the washer buzzer goes off.
Step 6 - Take my clothes out of the dryer and fold them.

**Outcomes**
- I learn how to do my own laundry so my mom doesn't have to do it.
- I am more independent with household chores and responsibilities.
- I feel like I can take on other chores and responsibilities to learn and do on my own.

**People Who Can Support Me to Reach My Goal**
- Me
- My mom
Making the Goal Plan Work for You

I will feed my goldfish every day for a week.

Sunday
Monday
Tuesday
Wednesday
Thursday
Friday

I met my goal on ________. I feel ____________.
Resources

http://imdetermined.org/

https://selfdetermination.ku.edu/homepage/resources/#document

Self Determined Learning Model of Instruction (SDMLI)

## Upcoming Topics

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
<th>Presenter</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 4, 2020</td>
<td>Communication Strategies for Families</td>
<td>Stephanie Paul &amp; Charlene Wentland</td>
</tr>
<tr>
<td>12:00 -1:00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Registration Link:
https://vcu.zoom.us/meeting/register/tJIkdeusrDwsHdNcnuXggG_jt77dCaKICqfa
Or, go to the [www.vcuautismcenter.org](http://www.vcuautismcenter.org) and click on Lunch and Learn
For questions or more information

Please visit:

www.vcuautismcenter.org

Or

e-mail: autismcenter@vcu.edu