

## WHAT IS SELF-DETERMINATION?

**Skills, knowledge, and beliefs that allow a person to:**

- Believe in themselves
- Know their own strengths and weaknesses
- Manage their own feelings and behavior
- Work with other people
- Make choices and solve problems
- Set goals and achieve them
- Be a leader in their own lives

## WHY IS SELF-DETERMINATION IMPORTANT?

- Everyone communicates, and that voice should be heard and respected.
- Regardless of ability or disability, everyone has the need and the right to make decisions for themselves.
- Everyone has strengths, and everyone should be given the opportunity to try to reach their own goals.
- Self-determined students are more likely to be motivated, persistent, and optimistic about their own lives.



## RESOURCES



### West Virginia Parent & Training Information (PTI)

99 Edmiston Way, Suite 101-102

Buckhannon, WV 26201

Phone: 1.304.472.5697 [www.wvpti-inc.org](http://www.wvpti-inc.org)

### Project Launch - Pacer Center Resources for Students with Disabilities & Young Adults

[www.pacer.org/project-launch](http://www.pacer.org/project-launch)

### Pathways to the Future Division of Rehabilitation Services

[www.pathwayswv.org](http://www.pathwayswv.org)

### Transition Resources West Virginia Dept. of Ed.

[wvde.state.wv.us/osp/Transition/resources.html](http://wvde.state.wv.us/osp/Transition/resources.html)

### I'M Determined

[www.imdetermined.org](http://www.imdetermined.org)

### Job Accommodation Network's Searchable Online Accommodation Resource (SOAR)

### Accommodations in Work & Education Settings

<https://askjan.org/soar.cfm>

### TIPS: Transition Information for Parents & Students with IEPs

A series of brochures produced by The LINK, FCNS and the Massachusetts Department of Elementary and Secondary Education (ESE).

Adapted by:

West Virginia Training & Information, Inc. (WVPTI)

This resource was produced for Project Launch by  
West Virginia Parent Training & Information.

Project Launch is a project of PACER Center and is funded by  
the USDE OSERS.

The contents of this resource were developed under a cooperative agreement with the USDE (H235F200010).

However, the contents do not necessarily represent the policy of the USDE and should not assume endorsement by the Federal Government.

# WV TIPS:

## Transition Information for

## Parents & Students with IEPs (Age 14-21)



## Self-Determination



# WV TIPS:

## Self-Determination for Students: What You Need to Know...

### TIP 1: Students will have better college & career outcomes if...

- They know why, how, when, and to whom to disclose their disabilities.
- They know their strengths and weaknesses.
- They understand the supports they need at different times throughout the day
- They can share their opinions and advocate for themselves.
- They can ask for the support they need.
- They can choose a trustworthy person to guide and mentor them.

### Students with disabilities should be treated the same as all students.



### TIP 2: If students are self-determined...

- They feel respected, and this can lead to positive behaviors and attitudes.
- They are more in control of their decisions, rather than having decisions made for them.
- They stand up for themselves and are less likely to become victims.
- They can make good things happen for themselves and others.

### TIP 3: The IEP Team can develop a strong transition plan when self-determined students & families...

- Describe how the student interacts at home, in the community, and in different social settings.
- Share what the student needs, what they are good at, what they like, and what they want to do related to work, education, living and participation in the community.
- Discuss how the student is building self-determination skills outside of school.
- Ask how the school is supporting the student to learn self-determination skills.

### Each student has a different level of independence and need for support, but everyone can be self-determined.



### Research shows that self-determination skills help students to be successful in college and career.

# WV TIPS:

## Promoting Self-Determination in Different Settings

### In school, students can be supported to learn self-determination skills by:

- Learning how to participate in, and even run, their own IEP meeting.
- Using an Individual Learning Plan to map out their goals.
- Sharing with a teacher which accommodations will help them to be successful in class.
- Choosing what to eat for lunch.
- Problem solving about an argument with a friend.
- Taking on a leadership role in a group.
- Filling out their own Free Application for Federal Student Aid (FAFSA).
- Choosing Assistive Technology that works best for them.
- Using a daily or weekly planner.

### At home, students can be supported to learn self-determination skills by:

- Choosing the college or vocational school that's right for them, including learning about Disability Support options.
- Taking their medication without reminders or calling the doctor to make an appointment.
- Applying for and holding a summer job.
- Managing their own money.
- Doing their own laundry or preparing a meal.
- Choosing what to do on the weekend.
- Picking out their own clothes.
- Arranging their own schedule for the month.
- Traveling on public transportation or learning to drive.
- Volunteering with a local service organization.