What are some of the factors that influence student's social/emotional competence long term?
Core Components of Self-Determination

- Choice making
- Decision Making
- Problem Solving
- Goal setting and attainment
- Self-regulation
- Self-advocacy
- Self-awareness and self-knowledge
- Internal locus of control
- Self-efficacy
- Efficacy expectations
- Self-instruction
- Self-awareness and self-knowledge
Self-Determination
3 Strategies

Goal Plan
Good Day Plan
One Pager
Good Day Plan
My Good Day Plan

**Good Day**
What happens on a Good Day?
- Breakfast at home
- Sit alone on bus & stare out window

**Now**
Does it happen now?
* Once in a while
  - Sometimes

**Action**
What needs to happen to make it a Good Day?
* Ask for Breakfast foods
  - Get a 1 person seat

**Support**
Who can help me?
* Grandma
  - Bus driver
My Good Day Plan

**What happens on a Good Day?**
- I’m on time for my daily activities
- Mom and Dad aren’t angry with me
- I wake up early
- I listen to my favorite music
- I talk to my girlfriend
- I’m not tired
- I am busy and not bored
- I get exercise

**Does it happen now?**
- Most of the time
  - No
  - Sometimes
  - Yes
  - Yes
  - No
  - Sometimes
  - Sometimes

**What needs to happen to make it a Good Day?**
- I have transportation
  - Don’t procrastinate; don’t complain; do what I’m asked
  - Set the alarm and get a good night’s sleep
  - Go to bed by 11:00; don’t sleep during the day
  - Make a schedule of things to do and get them finished
  - Start an exercise program

**Who can help me?**
- Mom and Dad
- Me
- Me, Mom
- Me, Mom
- Me
- Me

**Support**

*Good Day*

*Now*

*Action*

*Who can help me?*
**My Good Day Plan**

**Good Day**
- What happens on a Good Day?
  - Hot cocoa every morning before school: once in awhile
  - Head phones to listen to calm music on bus ride to school – not happening now
  - Greeted at bus drop-off by class buddy – not happening now
  - Morning task list – tried earlier in year and dropped

**Now**
- Does it happen now?
  - Hot cocoa packet and mug by the microwave each night before bed
  - Purchase headphones
  - Talk with classroom teacher
  - Reformat checklist – add graphics; hang on bulletin board near door

**Action**
- What needs to happen to make it a Good Day?
  - Mom
  - Mom
  - Case manager
  - Classroom teacher

**Support**
- Who can help me?
<table>
<thead>
<tr>
<th><strong>Good Day</strong></th>
<th><strong>Now</strong></th>
<th><strong>Action</strong></th>
<th><strong>Support</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>What happens on a Good Day?</td>
<td>Does it happen now?</td>
<td>What needs to happen to make it a Good Day?</td>
<td>Who can help?</td>
</tr>
</tbody>
</table>

- **Important for**
  - A Good Day Plan For:
  - [Image of a lake with a boat]
# John's Good Day Plan

<table>
<thead>
<tr>
<th></th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>At home in the morning</td>
<td>Eat a Healthy Breakfast</td>
<td>Regularly</td>
<td>Keep It Up</td>
<td>Coach / Mentor</td>
</tr>
<tr>
<td>At school in the morning</td>
<td>Sit In My Preferred Seat</td>
<td>Sometimes</td>
<td>Get To Class On Time</td>
<td>Teacher</td>
</tr>
<tr>
<td>At school in the afternoon</td>
<td>Outdoor Activities</td>
<td>Regularly</td>
<td>Keep It Up</td>
<td>Siblings / Friends</td>
</tr>
<tr>
<td>At home in the evening</td>
<td>Eat Dinner</td>
<td>Always</td>
<td>Be On Time For Dinner</td>
<td>Mom / Dad</td>
</tr>
</tbody>
</table>
My Needs
• What/Who do I need to succeed?
  • Accommodations?
  • Books on tape
  • Planner
  • Copies of notes

My Interests
• What am I curious about?
  • What do I enjoy doing?
    • Music, cooking, friends
    • Farming, shopping

My Strengths
• What am I good at?
  • Math
  • Listening
  • Soccer

My Preferences
• Where do I want to live?
• Where do I want to work?
• What do I want to do with my free time?
• Other adult choices?
Goal Plan
My Goal: Movin' Out!

What I need to do to get there:

**Roommates:**
- Decide – 1 or 2
- Overnight support?
- Craig's list ad
- Word of mouth
- Expectations

**Place:**
- Maximum rent (for 2) $800
- Visit apartments
- List – non-negotiables

**Money:**
- Figure out how much is available – typical month
- Make a budget
- Trust?
- Emergency fund

**Support:**
- Maximum hours available? (Waiver)
- Transportation to/from work
- Create a support plan
- Back-up plan – emergencies
Johnny's Goal:
Complete a 100 mile bike race

<table>
<thead>
<tr>
<th>At Home</th>
<th>Plan</th>
<th>Act</th>
<th>Achieve</th>
<th>Supporters</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Identify Steps</td>
<td>Take First Step</td>
<td>Gain Experience</td>
<td>Friends</td>
</tr>
</tbody>
</table>

<table>
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<th>Plan</th>
<th>Act</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Brainstorm / Mindmap</td>
<td>Read Book / Write Paper</td>
<td>Make Progress</td>
<td>Coach / Mentor</td>
</tr>
</tbody>
</table>

Overall, this goal is important to me because
- Makes Me Feel Good
- Sense of Achievement
Your next steps...
www.imdetermined.org