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
- Internal locus of control
- Efficacy expectations
- Self-efficacy
- Self-awareness and self-knowledge
- Self-advocacy
- Self-instruction
- Self-awareness and self-knowledge
Self-Determination
3 Strategies

Good Day Plan

One Pager

Goal Plan
Good Day Plan
## My Good Day Plan

<table>
<thead>
<tr>
<th>Good Day</th>
<th>Now</th>
<th>Action</th>
<th>Support</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 me?</td>
</tr>
<tr>
<td>Breakfast at home</td>
<td>Once in a while</td>
<td>Ask for Breakfast foods</td>
<td>Grandma</td>
</tr>
<tr>
<td>Sit alone on bus &amp; stare out window</td>
<td>Sometimes</td>
<td>Get a 1 person seat</td>
<td>Bus driver</td>
</tr>
</tbody>
</table>
### My Good Day Plan

#### Good Day

**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

#### Now

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

#### Action

**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

#### Support

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

Support
Who can help me?

Mom
Mom
Case manager
Classroom teacher
A Good Day Plan For:

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**I M P O R T A N T T O**

- Image of a person fishing

**I M P O R T A N T F O R**

- Image of a salad
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<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?
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

At Home
- Plan
  - Identify Steps
- Act
  - Take First Step
- Achieve
  - Gain Experience

Supporters
- Friends
- Mentor

At School
- Plan
  - Brainstorm / Mindmap
- Act
  - Read Book / Write Paper
- Achieve
  - Make Progress

Supporters
- Coach / Mentor
- Best Friends

Overall, this goal is important to me because
- Makes Me Feel Good
- Sense of Achievement
Your next steps...
Determined /ˈdɪˈtɜːrnɪnd/

Adjective
1. Having made a firm decision and being resolved not to change it.
2. Processing or displaying resolve.

Latest News

2016 Youth Summit Application

The 2016 Youth Summit application is scheduled to be live on January 15, 2016. We would love to have you attend our Youth Summit! If this is your first time applying, please know that the application process is extremely competitive. Just as if you were applying for a job, it's always good Read More.

2015 Fall Conference Materials

Download the Fall Conference Materials here.

Trending Now

Who Should Attend The I'm Determined Summit?