

Self-Determination Curriculum/Resources

- *A Student's Guide to the IEP and Technical Assistance Guide: Helping Students Develop Their IEPs*

NICHCY

A Student's Guide to the IEP and Technical Assistance Guide: Helping Students Develop Their IEPs provides students with a brief overview of the IEP. Students learn what to do before, during, and after the IEP/Transition IEP meeting.

These publications are most appropriate for middle and secondary students. They may be used with students functioning at independent and supported levels as well as with students participating in the general curriculum with accommodations.

These publications are available from:

The National Information Center for Children and Youth with Disabilities

P.O. Box 1492

Washington, DC 20013

1-800-695-0285

Cost: \$5.00 (two booklets, two audio programs)

Printed information may be accessed free of charge at the NICHCY website, (<http://www.NICHCY.org/stuguid.asp>).

- *Become Your Own Expert!*
Self-Advocacy Curriculum for Individuals with Learning Disabilities

Winnelle D. Carpenter, M.A.

Become Your Own Expert! teaches self-advocacy skills to secondary students with learning disabilities. Lessons taught include identifying student strengths and needs, learning styles, setting goals for school and post-school education and training, and classroom and workplace accommodations.

The curriculum was designed as a one-semester course, and includes a student manual. It is most appropriate for students at the secondary level participating in the general curriculum with accommodations. Some Florida educators have reported using sections of the curriculum with secondary students functioning at the independent level.

This curriculum is available from:

Winnelle D. Carpenter, M.A.

Positive Learning Consultants

P.O. Box 202065

Bloomington, Minnesota 55420

(952) 854-4935

Cost: \$25.00 plus \$3.50 shipping (prepaid orders)

- *ChoiceMaker Self-Determination Curriculum: Choosing Employment Goals, Self-Directed IEP, Choosing Education Goals, Choosing Personal Goals, Take Action, and Choose and Take Action*

James E. Martin, Ph.D., Laura Huber-Marshall, M.A., Laurie Maxson, M.A., and Patty Jerman, M.A.

ChoiceMaker Self-Determination Curriculum is designed to teach students in general and special education to choose, express, and take action toward goals in all areas of their lives. *Choosing Employment Goals* teaches students to set employment goals by considering their interests, skills, and limits. *Self-Directed IEP* teaches students to participate in and lead their own IEP meetings. *Choosing Education Goals* guides students through course planning and facilitates planning for postsecondary education. *Choosing Personal Goals* teaches students to set personal goals. *Take Action* teaches students to act on their goals. Each component contains one or more videos, an instructional guide with lesson plans, student workbooks or replicable workshops, and student assessments. *Choose and Take Action* is a program containing software, lessons, and community-based experiences that assist students with disabilities in identifying job preferences.

These products have used primarily with middle and secondary students, but have occasionally been adapted for elementary students. These products have most frequently been used with students participating in the general curriculum with accommodations and with students functioning at the independent at supported levels. Some components may require adaptations for use with students functioning at supported levels. Florida's *Standing Up for Me* curriculum uses the eleven steps of *Self-Directed IEP* as the basis for teaching IEP skills.

These products are available from:

Sopris West

1140 Boston Avenue

Longmont, Colorado 80501

1-800-547-6747

<http://www.sopriswest.com:80/swstore/product.asp?sku=629>

Cost: Choosing Employment Goals - \$95.00
 Self-Directed IEP - \$120.00
 Choosing Education Goals - \$95.00
 Choosing Personal Goals - \$95.00
 Take Action - \$95.00
 Choose and Take Action: Finding the Right Job for You - \$95.00

➤ *Dare to Dream Revised; A Guide to Planning Your Future*

Florida Department of Education, Bureau of Instructional Support and Community Services

Dare to Dream Revised (1999) is designed for middle and secondary students with disabilities. The guide stresses student involvement in transition planning. It is an excellent pre-planning tool for students to identify their strengths, preferences, and needs in the areas of post-school adult living, employment, social, and community areas. Students also develop their desired post-school outcome statement using the guide.

This publication is available from:

The Clearinghouse/Information Center

Florida Department of Education

Florida Education Center

Suite 622

Tallahassee, Florida 32399-0400

(850) 245-0477

Suncom: 205-0477

Fax: (850) 245-0987

Email: cicbiscs@flode.org

Website: <http://www.myfloridaeducation.com/commhome/>

Cost: Free to Florida Educators

- *It's My Life*
Preference-Based Planning
for Self-Directed Goal Meetings
Facilitator's Guide and Goal Planner's Workbook

I Want My Dream and New Hats Decks

Emilee Curtis
New Hats, Inc.

It's My Life and supporting materials teach students to take an active role in decision making, self-advocating, and developing their own plans and goals. Decks of over 100 cards suggest ways to have fun, learn, and continue to grow. The curriculum suggests strategies toward a shift from teaching to facilitating students' efforts to meet their goals.

Florida educators have reported using this curriculum most frequently with middle school students at all levels, and with secondary students functioning at the supported level.

This curriculum is available from:

New Hats, Inc.
HC 64 Box 2509
Castle Valley, UT 84532
(435) 259-9400
Fax: (435) 259-2209

Cost: \$55.00 (Guide and Workbook)
 \$25.00 (Card Decks)
 \$80.00 + shipping

➤ *Standing Up for Me* (Draft 2004) Curriculum and Training Materials

Florida Department of Education, Bureau of Instructional Support and Community Services

Standing Up for Me (Draft 2004) is a Florida curriculum designed to teach key self-determination concepts to students with disabilities. While most self-determination materials target middle and high school students, *Standing Up for Me* includes lessons and suggested resources for elementary, intermediate, middle and high school levels. The curriculum may be used for students at any functioning level; however, lessons will need to be significantly adapted for students functioning at the participatory level (e.g., significant cognitive disabilities) and for some students functioning at the supported level. This exciting curriculum encourages students to increase their involvement in the planning of their education and lives, develop self-advocacy skills necessary to be successful, develop an understanding of their strengths and needs, establish goals, and develop a plan for accomplishing goals. Built upon the eleven steps of *ChoiceMaker: The Self-Directed IEP*, the lessons also help students to understand the IEP or Transition IEP process, participate in IEP or Transition IEP meetings, and take an active role in the implementation of their own IEP or Transition IEP. Training materials, including a PowerPoint, script, and supplemental resources have been developed and will be made available to Florida educators.

These publications will soon be available from:
The Clearinghouse/Information Center
Florida Department of Education
Florida Education Center
Suite 622
Tallahassee, Florida 32399-0400
(850) 245-0477
Suncom: 205-0477
Fax: (850) 245-0987
Email: cicbiscs@flode.org
Website: <http://www.myfloridaeducation.com/commhome/>

Cost: Free to Florida Educators

➤ *Steps to Self-Determination*

Sharon Field, Ed.D. & Alan Hoffman, Ph.D.

Steps to Self-Determination is a curriculum designed to promote student self-determination. Students develop an awareness of strengths, interests, and needs, as well as rights and responsibilities. The curriculum also covers assertive communication, conflict resolution, and problem solving. The package includes an instructor's guide, student activity book, and pre/post assessments.

This curriculum may be used with middle and secondary students. It has been used primarily in Florida with students participating in the general curriculum with accommodations. It has also been used with students functioning at the independent level.

This curriculum is available from:

Pro-Ed

8700 Shoal Creek Blvd.

Austin, Texas 78757-6897

1-800-897-3202

1-800-397-7633

<http://www.proedinc.com>

Cost: \$103.00 + shipping

➤ *The Self-Advocacy Strategy for Education and Transition Planning*

Anthony K. Van Reusen, Candace S. Bos, Jean B. Schumaker, and Donald D. Deshler

The Self-Advocacy Strategy for Education and Transition Planning is a motivational strategy students use to prepare for and participate in the IEP/Transition IEP meeting. Strategies teach students how to get organized prior to the meeting and communicate during the meeting. Students use the acronym I-Plan to remember the five strategy steps. This package is part of the Strategic Instruction Model from the University of Kansas.

This publication is most appropriate for students receiving their education in the general curriculum with accommodations, but may be extended to students functioning at the independent level. It may be used with all ages. It has been widely used by Florida educators.

This publication is available from:

Edge Enterprises, Inc.
P.O. Box 1304
Lawrence, Kansas 66044
(785) 749-1473

Cost: \$15.00

Self-Determination Assessments

➤ The Arc's Self-Determination Scale

Michael Wehmeyer, Ph.D. & Kathy Kelchner, M.Ed.

The Arc's Self-Determination Scale is designed for adolescents with cognitive disabilities. It is a student self-report format which may be administered to a group of students at one time, given the students' reading abilities are sufficient or there are enough support staff on hand to assist with reading and completion for non-readers. The primary purposes of the scale are to assist students and educators with identifying student strengths and limits in the area of self-determination and to evaluate the relationships between self-determination and factors that promote this outcome. The scale is divided into four sections: autonomy, self-regulation, psychological empowerment and self-realization. The comprehensive assessment results in a student profile that provides data for decision-making regarding areas in which the student may benefit from instructional strategies or curriculum enhancement to build his or her self-determination skills. Reliability and validity testing were conducted on this assessment.

This publication is available from:
The Arc of the United States
1010 Wayne Avenue, Suite 650
Silver Spring, MD 20910
(301) 565-5342

➤ *ChoiceMaker Self-Determination Assessment*

James E. Martin, Ph.D. and Laura Huber Marshall, M.A.

The ChoiceMaker Self-Determination Assessment is a curriculum-based assessment and planning tool designed for middle and secondary students functioning primarily at independent and supported levels. The assessment questions are correlated to the ChoiceMaker Self-Determination Curriculum objectives. The assessment is divided into three parts including assessment, profile and matrix. The assessment rates the student's skills and proficiency in performing self-determination skills and the opportunities provided at school for practice. The profile is a monitoring tool for displaying student progress and opportunities. The matrix assists teachers and other Transition IEP team members with identifying the skills in which the student needs instruction. A multi-state reliability study was conducted on the assessment.

This publication is available from:

Sopris West

1140 Boston Avenue

Longmont, Colorado 80501

1-800-547-6747

<http://www.sopriswest.com:80/swstore/product.asp?sku=626>

➤ *Self-Determination Knowledge Scale*

Alan Hoffman, Sharon Field, and Shlomo Sawilowsky

The *Self-Determination Knowledge Scale* is based on the *Steps to Self-Determination Curriculum* (Field, Hoffman, 1996) and includes five major components: Know Yourself, Value Yourself, Plan, Act, and Experience Outcomes & Learn. The model is designed for students with and without disabilities. The scale includes Form A and Form B that are designed as pretests and posttests for the curriculum. The scale measures the student's self-determination knowledge in relation to the lessons taught in the curriculum. The required reading level is approximately 5th grade. The Self-Determination Knowledge Scale has undergone both reliability and validity testing with expertise provided by multiple state and national review panels.

This assessment is available from:

Pro-Ed

8700 Shoal Creek Blvd.

Austin, Texas 78757-6897

1-800-897-3202

1-800-397-7633

<http://www.proedinc.com>

➤ The Self-Determination Profile: An Assessment Package

Emilee Curtis

The Self-Determination Profile is a component of the New Hats curriculum designed to assist youth and adults with disabilities with preference-based planning. This assessment package uses illustrated cards to assist the individual with determining preferences and interests across five areas (community presence, community participation, choice, competence, and respect). Summary sheets are provided for students and directions are provided for facilitators.

This product is available from:

New Hats, Inc.

HC 64 Box 2509

Castle Valley, UT 84532

(435) 259-9400

Fax: (435) 259-2209

Self-Determination Books

- *A Practical Guide for Teaching Self-Determination*
Sharon Field, Jim Martin, Bob Miller, Michael Ward, and Michael Wehmeyer

Available from:

The Council for Exceptional Children

<http://www.cec.sped.org/bk/catalog2/self.html#P5231>

Cost: \$39.95 non-members/\$27.50 members

- *Making it Happen: Student Involvement in Education Planning, Decision Making, and Instruction*
Michael L. Wehmeyer & Deanna J. Sands

Available from:

Paul H. Brookes Publishing Company

<http://www.brookespublishing.com/store/books/wehmeyer-3300/index.htm>

Cost: \$36.95

- *Student-Directed Learning: Teaching Self-Determination Skills*
Martin Agran, Ph.D.

Available from:

Wadsworth Publishing Company

http://www.wadsworth.com/cgi-wadsworth/course_products_wp.pl?fid=M2b&product_isbn_issn=0534159427&discipline_number=3

Cost: \$77.95

- *Teaching Self-Determination to Students with Disabilities: Basic Skills for Successful Transition*
Michael L. Wehmeyer, Martin Agran, & Carolyn Hughes

Available from:

Paul H. Brookes Publishing Company

<http://www.brookespublishing.com/store/books/wehmeyer-3025/index.htm>

Cost: \$34.95

Information from the ChoiceMaker Network
Self-Determination Transition Workshop Agenda
October 1995 was used in compiling this information.

The Transition Center at the University of Florida
Career Development and Transition Project
Self-Determination Initiative
Revised March 2004