Miami-Dade County Public Schools
Division of Exceptional Student Education
Self-Determination Curriculum
Train-the Trainer
Spring 2005
Florida Curriculum

- Recognized by the Office of Special Education Programs, United States Department of Education as an exemplary state model addressing self-determination in the field of special education
- Developed for the Florida Department of Education
- Used statewide
- Comprehensive
- User friendly
What Is Self-Determination?

Taking control and making decisions that affect one’s life

- Self-determination helps students with disabilities:
  - Make their own choices
  - Set their own goals
  - Manage their own lives
  - Participate in decision making
Why Teach Self-Determination Skills?

- To increase involvement of students in the planning of their education and lives
- To teach students self-advocacy skills necessary to be successful, independent adults
- To teach students how to set goals and to develop a plan for accomplishing goals
Advantages of Teaching Self-Determination

**Teacher**
- Provides student input about interests, strengths, needs, and goals
- Can be used for educational planning and development of IEP's

**Student**
- Encourages involvement and ownership in educational decision making

**Parent**
- Student involvement encourages more active parental involvement and interest
Goals of Standing Up For Me

By learning self-determination skills at a young age, students will:

- Become more willing to participate in their IEP meeting
- Develop a better understanding of their unique needs and skills
- Be better able to stand up for themselves regarding their IEP’s and other decisions
Major Sections of Standing Up For Me

- User’s Guide
- Scope and Sequence
- Correlation with Sunshine State Standards and Sunshine state Standards for Special Diploma
- Primary Lessons
- Intermediate Lessons
- Middle School Lessons
- High School Lessons
Purpose of Standing Up For Me

To help students with disabilities:

- Understand the IEP process
- Actively participate in IEP meetings
- Take an active role in the implementation of their own IEPs and educational program
Curriculum Objectives

- Identify the primary components of an IEP and understand his/her own IEP
- Identify his/her own strengths and needs
- Provide input regarding educational decisions and the development of his/her IEP
- Learn personal and IEP goal-setting skills
- Learn advocacy skills needed to participate in decisions regarding all aspects of his/her life
- Develop self-determination skills needed to express needs and access services
- Learn skills associated with participating in the directing his/her own IEP meeting
Definition of Terms

- **Self-Advocacy** - speaking and acting on behalf of one’s self

- **Self-Determination** - taking control and making decisions that affect one’s life

- **Self-Directed IEP** - the process in which students actively participate in, and may even lead/facilitate, their own IEP meeting

- **Transition IEP** - an IEP that focuses on transition from school to post-school adult living
Organization of Curriculum

- Primary (grades K-2)
- Intermediate (grades 3-5)
- Middle School (grades 6-8)
- High School (grades 9-12)

All levels include:
- Understanding the IEP
- Self-Directed IEP Skills
- Follow-Up
Understanding the IEP

Provides an overview of the IEP and Introduces self-determination skills including:

- Understanding individual strengths and needs
- Setting individual goals
Self-Directed IEP Skills

- Focuses on introducing students to their roles as active participants in the IEP process
- Helps students understand and prepare for their IEP meetings
- Includes summary of Self-Directed IEP process
Follow Up

Activities completed after the IEP meeting include:

- Evaluation
- Thanking participants
- articulation
Lesson Components

- Objective
- Materials - if appropriate
- Procedure
- Resources - if appropriate
- Correlation to ChoiceMaker (self-directed IEP lessons - high school only)
Strategies for Use of Curriculum

- Individual or combination of lessons
- Flexibility to teach all or selected lessons in a section
- Lessons can be introduced by any instructional staff member, including teacher, counselor, behavior management teachers, etc.
- Flexibility to use lessons from higher or lower levels to better meet the needs of the students
Integration with Existing Curriculum

- Social Personal
- Unique skills
- Learning Strategies
- Exploratory education
- Career development
- Supplemental activity in language arts, English, social studies
Parent Involvement

- Inform them of what you are working on so they can reinforce it at home
- Some lessons include home activities to involve parents
High School Correlations

- Self-Directed Transition IEP lessons are designed to be used with ChoiceMaker Instructional Series: Self-Directed IEP.
  
  [www.sopriswest.com](http://www.sopriswest.com)
11 Steps of Self-Directed IEP ChoiceMaker Instructional Series

- 1. Begin meeting by stating the purpose
- 2. Introduce everyone
- 3. Review past goals and performance
- 4. Ask for others’ feedback
- 5. State your school and transition goals
- 6. Ask questions if you don’t understand
- 7. Deal with differences in opinion
- 8. State what support you’ll need
- 9. Summarize your goals
- 10. Close meeting by thanking everyone
- 11. Work on IEP goals all year
Revised ESE Rules

- For students age 14 or older, the IEP team must consider the need for instruction in or the provision of information about the area of self-determination.
Self-Determination Activities

Self-determination activities are designed to assist the student to actively and effectively participate in IEP meetings and to self-advocate when necessary. Documentation of this would appropriately appear in the present level of educational performance statement, the annual goals and benchmarks, as a statement of supplemental aids and services, or in any other manner deemed appropriate by the IEP team.
Self-Determination Resources

- Standing Up For Me
- Annual Self-Determination Checklist
- Dare To Dream Revise
- A Student’s Guide To The IEP
- M-DCPS ESE Transition Website
- A Legal Guide for New Adults
Help Hotline

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