



Division of Special Education

Annual Self-Determination Checklist *(for students ages 14-22)*

Name: _____ ID#: _____ Signature: _____

Student: Self-determination involves a lot of things: knowing about yourself, making decisions, setting goals, taking care of yourself, and more. Use this checklist to rate your self-determination skills. **This is not a test!**

Rate yourself by marking the box after each statement...

- 1= Yes, I can do this without help.
- 2= Sometimes I need help with this.
- 3= No, I need help with this.
- 4= I don't know.
- 5= This does not apply to me.

Indicate your age and the date this checklist is completed.

Date:	Date:	Date:	Date:
Age:	Age:	Age:	Age:

About Me

1. I can describe some of my personal interests, goals, and past experiences.				
2. I can describe my strengths and talents (<i>e.g., at home, in school, and in the community</i>).				
3. I am aware of my disability and how it affects my life.				
4. I know how to ask for help when I need it.				
5. I know my rights and responsibilities as a student with disabilities.				
6. I know my rights and responsibilities as an adult with disabilities.				
7. I can express my thoughts and feelings to others appropriately.				
8. I show respect for other people and can work on a team with others.				
9. I follow the rules at home, in school, and in the community.				
10. I can explain what I learned from my mistakes.				
11. I take responsibility for my actions.				
12. I am on time for classes and appointments.				
13. I can describe the ways I study and learn best.				
14. I use tools (<i>e.g., agenda, calendar, or palm pilot</i>) to keep myself organized.				

**Place in student's Career Portfolio*

07/05



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About My Education

1. I can identify my academic strengths.				
2. I can identify academic areas I need to work on.				
3. I know my Grade Point Average (GPA).				
4. I know the GPA I need to graduate and pursue my postsecondary goals.				
5. I know the passing score for the FCAT and I know my own score.				
6. I understand the difference between a standard diploma and a special diploma.				
7. I select courses that will help me reach my postsecondary goals.				
8. I am on track with my community service project.				
9. I can use technology to find information and complete school assignments.				
10. I can explain the goals on my Individual Educational Plan (IEP).				
11. I know and use the accommodations on my IEP.				
12. I can use my assistive technology device independently.				
13. I know what tests I need to take (<i>e.g., FCAT, PSAT, SAT, and ACT</i>) and the scores I need to reach my postsecondary education and training goals.				
14. I can describe postsecondary education and training options (<i>e.g., vocational school, community college, four-year college, apprenticeship, and the military</i>).				
15. I know the requirements needed in order to be considered for an FCAT waiver.				



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About My Career

Age:	Age:	Age:	Age:
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1. I know where to find information about jobs.				
2. I can name some jobs that I like and have the ability to learn how to do.				
3. I can explain the requirements for jobs that I like.				
4. I can describe at least three behaviors I have that an employer would find valuable.				
5. I have a role model or mentor.				
6. I accept feedback on how I am performing.				
7. I manage my time well to get work done without supervision.				
8. I carry out my responsibilities.				
9. I take part in school and community activities <i>(e.g., clubs, groups, sports, or socials)</i> .				
10. I have an up-to-date career portfolio.				
11. I can explain my written plan <i>(e.g., IEP)</i> on how to reach my goals after graduation <i>(e.g., work, education, living arrangements, transportation, community participation, recreation and leisure, and social relationships)</i> .				
12. I can describe how to apply for postsecondary education or training <i>(e.g., vocational school, community college, four-year college, apprenticeship, and the military)</i> , scholarships, and other financial aid.				
13. I know how to find and apply for a job <i>(e.g., application, resume, and interview)</i> .				
14. I can identify agencies and services that can help me reach my goals after graduation.				