



CALIFORNIA CAREER INNOVATIONS

RESEARCH INTERVENTIONS

SELF-DETERMINATION SKILLS

Self-determined people make things happen in their lives. They are goal oriented and apply problem-solving and decision-making skills to guide their actions. They know what they do well and where they need assistance. The capabilities needed to become self-determined are most effectively learned through real-world experience, which involve taking risks, making mistakes, and reflecting on outcomes. (Wehmeyer & Schwartz, 1997) At the minimum, competencies should be reviewed/updated in **April and October**. Please rate each competency using the following scale:

RATING SCALE & DIRECTIONS:	
<p>RATE = 0-5</p> <p>5 = High level of competence - extensive knowledge in the skill area (Proficient)</p> <p>4 = Moderately high level of competence - good knowledge in the skill area (Proficient)</p> <p>3 = Average level of competence – some knowledge in the skill area</p> <p>2 = Low level of competence – little knowledge in the skill area</p> <p>1 = No level of competence – no knowledge in the skill area</p> <p>0 = No opportunity to date to observe/work with this student</p>	<p>DATE PROFICIENT: Indicate date you have verified that the student is proficient in the indicated competency. If student is already proficient before provision of interventions indicate date verified.</p> <p>DATE STARTED: Indicate date interventions have begun in indicated competency area.</p> <p>DATE COMPLETED: Indicate date interventions ended.</p>

CCi Study ID#: _____ CCi Career Coach: _____ Date Updated: _____

#	SELF-DETERMINATION COMPETENCIES	RATE	DATE PROFICIENT	DATE STARTED	DATE COMPLETED
	0-5				
1	Choice Making				
	Identify Interests				
	Select & Express Preferences				
2	Goal Setting & Attainment				
	Set Goals (Manageable, Realistic & Aligned to Likes & Dislikes)				
	Identify steps toward reaching goal				
	Attain, Track & Revise Goals				
	Identify resources and people in your support system that can help you reach your goals				
3	Self-Awareness & Self-Knowledge				
	Recognize Strengths, Abilities & Functional Limitations				
	Identify & Understand Disability				
	Identify Learning Styles				
	Appropriately Deal with Emotions				
4	Decision Making				
	Consider Alternatives (Positive & Negative Consequences)				
	Identify Effects on Self & Others				
	Follow Through on Decisions				
5	Problem Solving				
	Identify the Problem				
	Generate Possible Solutions				
	Evaluate Effect of Each Alternative				
	Select Solution with the Best Outcome				
6	Conflict Resolution				
	Identify Conflict				
	Brainstorm Possible Responses				
	Identify the Most Mutually Beneficial & Respectful Response				
7	Self-Management & Self-Regulation				
	Develop Work Ethic				

	Time Management (Identify tasks that are urgent, important, or can be done anytime)				
	Manage, Prioritize, Self-Direct & Monitor Daily Activities				
	Identify tools or strategies you can/would like to use to manage your time				
	Take responsibility for success and/or need to revise plan/efforts				
8	Self-Advocacy, Self-Efficacy & Leadership				
	Ability & Confidence to Stand up for Self				
	Know when and how to disclose disability				
	Identify accommodations needed in each setting (i.e., work, school, home, community)				
	Knowledge of what to advocate for in meeting one's goals				
	Participate as a Leader or Contributing Team Member				
	Belief in ability to be successful				

References:

Self-Determination Guide for Educators, Tennessee Department of Education, Vanderbilt University, 2013.

Keys to Success: Attitude, Self-Advocacy and Preparation, US Department of Education, 3/2011.

Self-Determination: Supporting Successful Transition, Bremer, Kachgal and Schoeller, 4/2003.

Notes: _____
