

Self-determined people are causal agents who act in service to their goals. They make, or cause, things to happen in their lives through goal setting and attainment strategies.

The Self-Determination Inventory System (SDIS), available online, is a suite of tools that measure a person's self-determination.



SDI:SR

STUDENT REPORT

Includes questions about choice making, goal setting, and decision making

Self-report measure validated for young people ages 13-22 with and without disabilities and racial and ethnic identities

SDI:PTR

PARENT/TEACHER REPORT

Includes questions about choice making, goal setting, and decision making

Measures a teacher's or parent / family member's perception of a young person's self-determination

SDI:AR

ADULT REPORT

Includes questions about choice-making, goal-setting, and decision-making

Self-report measure designed for adults ages 18+ with and without disabilities and racial and ethnic identities

RESEARCH OVER THE LAST 20 YEARS

has shown using the Self-Determined Learning Model of Instruction (SDLMI) enables students with and without disabilities to achieve self-selected goals and positive in-school and post-school outcomes, such as:

- Access to and progress in the general education curriculum
- Academic and transition goal attainment
- Post-school employment and community participation



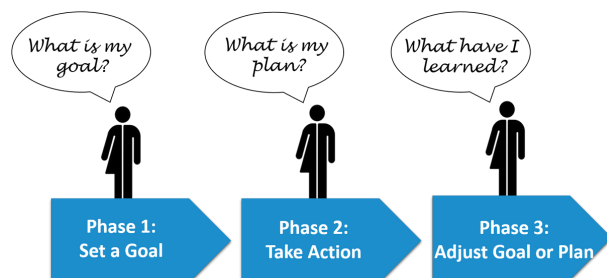
Self-Determined Learning Model of Instruction

Students work through three phases to:

- Set goals related to academic achievement, personal achievement, and post-school endeavors
- Make choices, decisions, and develop plans to reach goals
- Track progress toward goals

THE SDLMI IS USED BY TRAINED FACILITATORS TO ENABLE YOUTH AND YOUNG ADULTS TO:

- Learn and use skills that enable them to problem solve, leading to goal setting and attainment
- Identify meaningful learning goals across multiple curricular domains
- Make progress toward goals across multiple curricular domains
- Achieve more positive school and post-school outcomes
- Become more self-determined



WANT MORE INFORMATION ABOUT THE SDLMI AND USING THE SDIS?

Visit www.self-determination.org