A close up of a logo

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**https://www.imdetermined.org/about/**

The I’m Determined project, a state-directed project funded by the [Virginia Department of Education](http://www.doe.virginia.gov/), focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior. This project facilitates youth, especially those with disabilities to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger.

Much of our work comes from research around three psychological needs: Competence, Autonomy, and Relatedness (CAR). We have found that when a person can experience high levels of CAR, it opens up greater opportunities to experience high levels of self-determination and well-being.

**I’m determined to succeed.**

**Find tools and support to help you set goals, be heard, and reach for the stars.**

[**https://www.imdetermined.org/tool/one-pager/**](https://www.imdetermined.org/tool/one-pager/)

Downloadable, fillable PDF file of the One-Pager - a tool to help others get to know the important things about you.

Think about a time when you really wanted someone – a teacher – to know stuff about you but you really didn’t want to have to take the time and the words to explain it. Think about your IEP.  How long does it take for anyone to look at it and find out the important things about you? The One-Pager was created as a way to cut through all of that paper and get at the important stuff quickly and all on one page.

* **Grade Level**

Elementary School, High School, Middle School

* **Audience**

Educators, Families, Youth

* **Topic**

Opportunities to Practice, Problem-Solving, Self-Awareness

Please the following overview videos:

[**https://vimeo.com/438301870**](https://vimeo.com/438301870)

[**https://vimeo.com/558112583**](https://vimeo.com/558112583)

The One-Pager is a simple tool to help provide important information about you. The four sections that make up the One-Pager can be remembered easily by using the acronym **SPIN.**

You identify what goes in these sections (with assistance from parents, teachers, etc.) to introduce yourselves to new teachers, employers, case managers, and others in your support system to clarify your needs and goals based on your strengths and interests. Learn more about each of these sections by watching the videos below!

* **S**trengths **https://vimeo.com/558112759**
* **P**references **https://vimeo.com/558112670**
* **I**nterests **https://vimeo.com/558112637**
* **N**eeds **https://vimeo.com/558112739**

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**How to Use the One-Pager**

Use the app, fill out the template, or print it out! The Web app works on any internet-connected device or computer. Type or handwrite, use picture symbols or objects. Email it and share it with teachers, employers, and others.

Download Options

[One-Pager Template](https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager_Tool_IMD.pdf)

[**https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager\_Tool\_IMD.pdf**](https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager_Tool_IMD.pdf)

[One-Pager Implementation Guide](https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager_Guide_IMD.pdf)

[**https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager\_Guide\_IMD.pdf**](https://www.imdetermined.org/wp-content/uploads/2022/11/One-Pager_Guide_IMD.pdf)

Web App

[One-Pager Web App](https://www.imdetermined.org/wp-content/apps/onepager/index.html)

**Additional One-Pagers:**

There are also “Good Day Plan “ and “Goal Plan” One-Pager Charts to use.

**Good Day Plan Chart**

Think about what a good day at school or work looks and feels like for you. Do you need to listen to music first thing in the morning, or do you need some quiet time to start your day? Does it happen now? If not, what can you do to make it happen? Who can help you along the way? The Good Day Plan helps you make and stick to a daily plan.

The Good Day Plan is a simple tool to help you identify the factors that play a role in whether or not you have a good day. It allows you to view your day from beginning to end and helps you identify a structure or routine that enables you to have a good day. It gives you a backup plan in case something you had planned doesn’t happen as expected, and allows for better interaction with your network of support.

**How to use the Good Day Plan**

You and a teacher/parent/mentor visualize a good day and write down the steps to achieve it. Then, using the fillable template or web app, create an action plan to make your good day happen more often. The web app works on any internet-connected device or computer.

**Overview Video**

**https://vimeo.com/504563564**

Download Options

[Good Day Plan Template](https://www.imdetermined.org/wp-content/uploads/2022/11/Good-Day-Plan_Tool_IMD.pdf)

[**https://www.imdetermined.org/wp-content/uploads/2022/11/Good-Day-Plan\_Tool\_IMD.pdf**](https://www.imdetermined.org/wp-content/uploads/2022/11/Good-Day-Plan_Tool_IMD.pdf)

[Good Day Plan Implementation Guide](https://www.imdetermined.org/wp-content/uploads/2022/11/Good-Day-Plan_Guide_IMD.pdf)

**https://www.imdetermined.org/wp-content/uploads/2022/11/Good-Day-Plan\_Guide\_IMD.pdf**

Web App

[Good Day Plan Web App](https://www.imdetermined.org/wp-content/apps/gooddayplan/index.html)

**Goal Plan Chart**

We are all striving to become better at something or to accomplish a goal. But how often do we actually sit down and plan out steps to achievement? Whether you are trying to improve your grades, or accomplish a life-long goal, the Goal Plan will help you get there!

**Overview video…https://vimeo.com/480808347**

The Goal Plan is a visual representation of the steps needed to accomplish an identified goal. A graphic organizer assists youth in visualizing the goal, the steps needed to accomplish the goal, those who can support along the way, and possible outcomes resulting from attaining the goal.

How to use the Goal Plan

The template may be filled out online or printed so the student can write, draw, or use pictures to define the goal and steps needed to attain the goal. You can also use the web app! The web app works on any connected device or computer.

Download Options

[Goal Plan Template](https://www.imdetermined.org/wp-content/uploads/2022/11/Goal-Plan_Tool_IMD.pdf)

**https://www.imdetermined.org/wp-content/uploads/2022/11/Goal-Plan\_Tool\_IMD.pdf**

[Goal Plan Implementation Guide](https://www.imdetermined.org/wp-content/uploads/2022/11/Goal-Plan_Guide_IMD.pdf)

**https://www.imdetermined.org/wp-content/uploads/2022/11/Goal-Plan\_Guide\_IMD.pdf**

Web App

[Goal Plan Web App](https://www.imdetermined.org/wp-content/apps/goals/index.html)