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| **Self-Determination Skills** | **WHAT TO TEACH**  **To develop the Self-Determination Skill** |
| Choice-Making | Involves teaching students to identify interests and preferences and to appropriately select an option based on those preferences and Interests. |
| Problem Solving | Involves teaching students to identify and define a problem and to generate potential solutions. |
| Decision Making | Involves teaching students to use problem-solving skills and select a solution |
| Goal Setting and Attainment | Involves teaching students to define and articulate a goal, identify current status in relation to the goal, develop an action plan, and evaluate progress toward achieving the goal. |
| Self-regulation  \* Self-observation  \* Self-evaluation  \* Self-reinforcement | Includes teaching students to solve problems or employ self-management strategies (e.g., anger control`). |
| Self-Advocacy | Involves teaching students about their basic rights and responsibilities (knowledge), how to use self-advocacy skills and how to be effective team members (at an individual and/or system level). |
| Self- Awareness/Self Knowledge | Involves teaching students to identify common psychological and physical needs of people, recognize differences among people, and understand how one's actions influence others. |