

# Self-Determination Checklist

## Student Self-Assessment



Student Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Self-Determination skills help you to know*

- yourself*
- your goals*
- supports you need to reach your goals*

**Use the following scale to rate the statements below:**

**3 = almost always/most of the time**

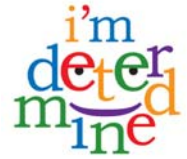
**2 = sometimes**

**1 = rarely or never**

Rating			
3	2	1	I set goals to get what I want or need.
3	2	1	I make plans for reaching my goals.
3	2	1	I check my progress on how I am doing toward my goals.
3	2	1	I attend my IEP Meetings.
3	2	1	I participate in my IEP Meetings.
3	2	1	I know the goals listed in my IEP.
3	2	1	At school, educators listen to me when I talk about what I want or need.
3	2	1	At home, my parents listen to me when I talk about what I want or need.
3	2	1	I have others in my life who help me to accomplish my goals.
3	2	1	I ask for help when I need it.
3	2	1	I know what I need, what I like and what I enjoy doing.
3	2	1	I tell others what I need, what I like and what I enjoy doing.
3	2	1	I help to make choices about the supports (educational services) and accommodations that I need in school.
3	2	1	I can describe my learning difficulties to others.
3	2	1	I believe I have control to direct my life.
3	2	1	I take care of my personal needs (clothes, chores, meals, grooming).
3	2	1	I make friends with others my age.
3	2	1	I make good choices.
3	2	1	I believe that working hard in school will help me to get a good job.

# **Self-Determination Checklist**

## **Student Self-Assessment**



1. **What is one (1) goal that you have for yourself?**
  
  
  
  
  
  
  
  
  
  
2. **List three (3) things you can do to reach this goal.**
  
  
  
  
  
  
  
  
  
  
3. **How can people around you (teachers, family, friends, etc.) help you to build your self-determination skills?**
  
  
  
  
  
  
  
  
  
  
4. **List three (3) of your rights under the Individuals with Disabilities Education Act (IDEA) and the Americans with Disabilities Act (ADA).**