

6 FAST FACTS

Teaching Essential Self-Determination Skills

1

Self-determination skills (e.g., making choices, setting goals, solving problems) are essential for participation in adult life.

4

Students in Tier 3 of MTSS may benefit from individualized self-determination curricula that is specifically designed to meet student specific needs for learning.

2

Students with disabilities benefit from direct instruction on self-determination skills combined with repeated opportunities to apply skills across settings.

5

There are many free or low-priced lesson packages available to teach self-determination skills (e.g., *ChoiceMaker Self-Determination Curriculum*, *Self-Determined Learning Model of Instruction*, *Whose Future is It Anyway?*).

3

Instruction on self-determination skills can be embedded in standards-based academic curricula and within Multi-Tiered Systems of Supports (MTSS).

6

Teaching self-determination skills should lead to opportunities for students to actively participate in transition assessments and individualized Education Program (IEP) meetings.

This fact sheet was developed by the Illinois Center for Transition and Work at the University of Illinois Urbana-Champaign through a contract with the Illinois State Board of Education. Information presented may not reflect the position or policy of the Illinois State Board of Education.

