Self-Awareness

Problem-Solving

Self-Advocacy

Self-Efficacy

Choice-Making

Decision-Making

Goal-Setting

Self-Regulation

Goal Attainment

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Quality of Life

HAPPINESS

- Problem-solving
- Choice-making
- Decision-making
- Goal setting
- Goal attainment
- Self-regulation
- Self-awareness
- Self-advocacy
- Self-efficacy

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What we know about SD...

- Requires a hands-on interaction between person and environment

- Blue = person (of any age) who is developing or practicing self-determination skills

- Environment = parents, teachers, service providers, neighbors, friends, family, community members, setting

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What we know about SD...

- Development of skills begins at birth and continues throughout lifetime

- Never perfect - *life-long learning*

- Should not be waiting until Transition planning to start thinking about self-determination!

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What we know about SD...

- Requires the **person** who is developing or practicing self-determination skills to make an EFFORT

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What we know about SD

- Requires the Green to:
  - teach the vocabulary of self-determination to the blue
  - provide opportunities for blue to practice these skills
  - Provide feedback to blue regarding the EFFORT

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What is EFFORT?
Skills of Effort

- The application of self-determination skills through multiple opportunities
- Development of the sub-skills and attitudes that are born from self-determination
  - Time management
  - Organizational skills
  - Motivation
  - Self-confidence
- Critical thinking, analyzing, comparison

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Opportunities (5 P’s) of Effort

- Punctuality
- Preparedness
- Participation
- Performance
- Propriety

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How important is EFFORT?
Ability \times \text{EFFORT} = \text{Skills}
Skills * EFFORT = Achievement
Skills = \frac{1}{2} \text{EFFORT} \times 2 \text{Ability}
Skills \times \frac{1}{2} \text{ Effort} = \frac{1}{2} \text{ Achievement}
Ability \times 2 \text{ Effort} = 2 \text{ Skills}
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4 Achievement

2 Skills

= 

2 EFFORT
Blue Barriers to Effort

- Lack self-determination skills
- Do not have the words
- Lack of confidence
- Not taking advantage of opportunities

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Green Barriers to Effort

- Low expectations
- Dignity of Risk
- Too quick to rescue – Damaging
- Natural consequences
- Learned helplessness - Crippling
- Lack of opportunities provided
OPPORTUNITIES

- Requires a hands-on interaction between person and environment
- Green provide experiences or chances for blue to apply and practice the skills of self-determination

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Provide access to social networks & more opportunities

Support self-determined behaviors & dignity of risk

Maximize experiences leading to practice of person-specific skills

Promote awareness of self-determination skills
Go Green!

- If a **person** is fortunate enough to link up with a professional – **parent**, **teacher**, **counselor** or **service provider** - who is unwilling to accept the status quo and is willing to create meaningful opportunities, then that person has a higher chance for better life outcomes (Wehmeyer, 2011).

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For others who are not so fortunate, not much has changed in the past 20 years.

(Wehmeyer, 2011)
Green must

- Allow Dignity of Risk
- Provide & maximize opportunities
- Provide feedback to increase awareness of
  - EFFOR T
  - Self-determination skills used or missed
- Expand network connections

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Izzy & The Donkey

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Ownership goes to the **Blue**

- The **Blue** must understand
  - The vocabulary of nine skills of self-determination
  - Why they are important
  - What they look like
  - Practice using them

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Blue must...

- Take advantage of opportunities
- Apply skills of self-determination to increase effort

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Provide access to social networks & more opportunities

Support self-determined behaviors & dignity of risk

Maximize experiences leading to practice of person-specific skills

Promote awareness of self-determination skills

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Developing SD in Children

- It is an intentional and ongoing process
- Not by chance
- Create opportunities
- Internal motivation
- Dignity of Risk
- Natural Consequences
Boyfriend
https://www.youtube.com/watch?v=9o-M086roe4

Tie shoes
https://www.youtube.com/watch?v=tHm7Sj_hqWuw

Seinfeld
https://www.youtube.com/watch?v=oVoR_ZMPgVE

Bike ride
https://www.youtube.com/watch?v=P0zVPZBykSE

Ormie
https://www.youtube.com/watch?v=EUm-vAOmV1o

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