

Self-Determination Resources

Self-Determination

<http://www.afb.org/info/programs-and-services/professional-development/teachers/expanded-core-curriculum/the-expanded-core-curriculum/12345>

This area of the Expanded Core Curriculum highlights the importance of believing in oneself, while understanding one's abilities and limitations. Students learn from successes and failures how to achieve one's goals in life. Self-determination is the ability for people to control their lives, reach goals they have set and take part fully in the world around them.

Assessment

- AIR Self-Determination Assessments
<http://www.ou.edu/content/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/air-self-determination-assessment.html>
- ARC Self-Determination Scale
<http://www.ou.edu/content/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/arc-self-determination-scale.html>
- Evaluating Visually Impaired Students: Using Alternate Learning Standards Emphasizing the Expanded Core Curriculum
<http://www.tsbvi.edu/publications/1030-evals-evaluating-visually-impaired-students>

Available on loan from Missouri School for the Blind Library Media Center at
<http://msb.dese.mo.gov/library-media-center/professional-development-lending-library.html>

- ECC Essentials: Teaching the Expanded Core Curriculum to Students with Visual Impairments, Allman and Lewis, American Foundation for the Blind, 2014.
- Empowered: an activity based self-determination curriculum for students with visual impairments, Cleveland, Clinkscales, Hefner, Houghtling, Kubacak & Sewell, Texas School for the Blind, 2007.
- Finding Wheels: a Curriculum for Non-drivers with Visual Impairments for Gaining Control of Transportation Needs, Corn and Rosenblum, 2000.
- Foundations of Education, Volume 2, Holbrook & Koenig, American Foundation for the Blind, 2000.
- Independent Living: A Curriculum with Adaptations for Students with Visual Impairments, 2nd ed., Loumiet and Levack, Texas School for the Blind, 1991.
- Looking Good: A Curriculum on Physical Appearance and Personal Presentation for Adolescents and Young Adults with Visual Impairments, Corn, Bina and Sacks. Pro Ed., 2008.
- Skills for Success: A Career Education Handbook for Children and Adolescents with Visual Impairments, Wolfe, American Foundation for the Blind, 1999.
- Teaching Social Skills to Students with Visual Impairments: From Theory to Practice, Sacks & Wolfe, American Foundation for the Blind, 2005.

Deafblindness and/or Multiple Disabilities

- Becoming Empowered Through Self-Determination Skills
<http://www.tsbvi.edu/resources/2680-becoming-empowered-through-self-determination-skills>
- Patterns for Encouraging Self-Determination

<http://classic.usdb.org/deafblind/db/Patterns%20for%20ConversationFollowing%20the%20Childs%20Lead/Patterns%20for%20Encouraging%20Self-Determination.pdf>

- Self-Determination: An Overview
<http://www.cadbs.org/resources-spring-2013/>
- Self-Determination for Children and Young Adults Who Are Deaf-Blind
<http://documents.nationaldb.org/products/self-determ.pdf>
- Self-Determination is for Babies, Too
<http://files.cadbs.org/200001717-3ca203d9ba/SelfDetermination.pdf>
- Self-Determination Materials Bibliography
<https://nationaldb.org/library/page/2026>
- Supporting Self-Determination for Youth and Young Adults with Deafblindness
<http://www.unr.edu/ndsip/newsletters/april2003.pdf>
- Transition Toolkit: Enhancing Self-Determination for Young Adults Who Are Deaf-Blind
<https://nationaldb.org/library/page/2297>
- Valerie's Personal Passport: Enhancing Self-determination
<http://files.cadbs.org/200002164-b60c0b7060/Valerie.PDF>
- What is Self-Determination?
<https://nationaldb.org/library/page/2051>

General Resources

- Advice on Self-Determination Skills (Karen Blankenship)
<http://www.afb.org/info/programs-and-services/professional-development/education/karen-blankenships-advice-on-self-determination-skills/1234>
 - Three Things Parents Should Know About Self-Determination Skills
<http://www.afb.org/info/programs-and-services/professional-development/education/karen-blankenships-advice-on-self-determination-skills/three-things-parents-should-know-4310/12345>
 - What Can Families Do at Home to Support Self-Determination Skills?
<http://www.afb.org/info/programs-and-services/professional-development/education/karen-blankenships-advice-on-self-determination-skills/what-can-families-do-at-home-4311/12345>
 - What Can Professionals Do to Help Parents Teach Their Child Self-Determination Skills?
<http://www.afb.org/info/programs-and-services/professional-development/education/karen-blankenships-advice-on-self-determination-skills/what-can-professionals-do-to-help-parents/12345>
 - What Are the Benefits of Parent/Professional Collaboration on Self-Determination Skills?
<http://www.afb.org/info/programs-and-services/professional-development/education/karen-blankenships-advice-on-self-determination-skills/benefits-of-parent-professional-collaboration-4313/12345>
- Advice on Self-Determination (Debra Sewell)
<http://www.afb.org/info/programs-and-services/professional-development/education/debra-sewells-advice-on-self-determination-skills/1234>
 - Three Things Parents Should Know About Self-Determination Skills

- <http://www.afb.org/info/programs-and-services/professional-development/education/debra-sewells-advice-on-self-determination-skills/three-things-parents-should-know-4317/12345>
 - What Can Families Do at Home to Support Self-Determination Skills?
<http://www.afb.org/info/programs-and-services/professional-development/education/debra-sewells-advice-on-self-determination-skills/what-can-families-do-at-home-4318/12345>
 - What Can Professionals Do to Help Parents Teach Their Child Self-Determination Skills?
<http://www.afb.org/info/programs-and-services/professional-development/education/debra-sewells-advice-on-self-determination-skills/what-can-professionals-do-to-help-4319/12345>
 - What Are the Benefits of Parent/Professional Collaboration on Self-Determination Skills?
<http://www.afb.org/info/programs-and-services/professional-development/education/debra-sewells-advice-on-self-determination-skills/benefits-of-parent-professional-collaboration-4320/12345>
 - Advice on Self-Determination Skills for Deaf-Blind Students (David Brown)
<http://www.familyconnect.org/info/education/expanded-core-curriculum/david-browns-advice-on-self-determination-skills-for-deaf-blind-students/234>
 - Three Things Parents Should Know About Self-Determination Skills for Deaf-Blind Students
<http://www.familyconnect.org/info/education/expanded-core-curriculum/david-browns-advice-on-self-determination-skills-for-deaf-blind-students/three-things-parents-should-know-4712/2345>
 - What Can Families and Professionals Do to Help Reinforce Self-Determination Skills?
<http://www.familyconnect.org/info/education/expanded-core-curriculum/david-browns-advice-on-self-determination-skills-for-deaf-blind-students/what-can-families-and-professionals-do/2345>
 - What Is a Personal Passport?
<http://www.familyconnect.org/info/education/expanded-core-curriculum/david-browns-advice-on-self-determination-skills-for-deaf-blind-students/personal-passport/2345>
 - What Are the Benefits of Parent/Professional Collaboration on Self-Determination Skills?
<http://www.familyconnect.org/info/education/expanded-core-curriculum/david-browns-advice-on-self-determination-skills-for-deaf-blind-students/benefits-of-parent-professional-collaboration-4715/2345>
 - Advocacy Tips and Techniques: Ideas by and from Parents and Those Supporting Parents and Children
http://tsbvi.edu/seehear/winter00/advocacy_tips.htm
 - All About the Eye Doctor
<http://www.tsbvi.edu/fall-2014-items/4207-all-about-the-eye-doctor>
 - "Assertiveness Training for Children," Davies.
<http://kellybear.com/TeacherArticles/TeacherTip74.html>
 - Back to School Tips for Older Students who Are Blind or Visually Impaired

http://www.familyconnect.org/blog/familyconnect-a-parents-voice/back-to-school-tips-for-older-students-who-are-blind-or-visually-impaired/12?_ga=1.3662834.370005366.1404221890

- Becoming Empowered Through Self-Determination Skills
<http://www.tsbvi.edu/component/content/article/106-quarterly-issues/2680-%20becoming-empowered-through-self-determination-skills>
- A brief guide to personal futures planning: Organizing your community to envision and build a desirable future with you
<http://www.tsbvi.edu/attachments/other/pcp-manual.pdf>
- Fostering Self-Determination at All Ages
<http://www.aerbvi.org/2010conference/documents/Flener-FosteringSelfDetermination.doc>
- Improving assertive behavior
<http://www.livestrong.com/article/14699-improving-assertive-behavior/>
- Integrating Expanded Core Curriculum Activities Into Academic Instruction
<http://www.tsbvi.edu/integrating-expanded-core-curriculum-activities-into-academic-instruction>
- Learning About My Eye
<http://www.tsbvi.edu/spring-2015/4346-learning-about-my-eye>
- Making It! Successful Transition Competencies for Youth with Visual Disabilities
<http://www.tsbvi.edu/instruction-items/2998-making-it-successful-transition-competencies-for-youth-with-visual-disabilities>
- Non-driving: Strategies for Preparing Children and Youth (Penny Rosenblum)
<http://www.perkinselearning.org/videos/webcast/nondriving-strategies-preparing-children-and-youth>
- Practical Guide for Teaching Self-Determination
<http://files.eric.ed.gov/fulltext/ED442207.pdf>
- Rachel Allen's Glorious Life to 15!
<http://www.tsbvi.edu/attachments/newsletter/winter11.pdf#page=2>
- Self-Advocacy Across the Curriculum
<http://www.cosb1.org/howe-s-now/Winter2009.pdf?attredirects=0&d=1>
- Self-Advocacy Skills: A Portfolio Approach
<http://www.tsbvi.edu/seehear/fall02/self-advocacy.htm>
- Self-Determination Daily Dozen Do's and Don'ts
<http://www.tsbvi.edu/instructional-resources-items/3717-dosanddnts>
- Self-Determination for Students with Visual Impairments
<http://www.perkinselearning.org/scout/self-determination-students-visual-impairments>
- Self-Employment Q and A: Frequently Asked Questions from Families
<http://www.worksupport.com/resources/content.cfm?id=681>
- Student Led ARD Meetings...A Little Advice
<http://www.tsbvi.edu/203-resources/397-student-led-ard-meetings-a-little-advice>
- Three C's to Greater Independence
<http://www.tsbvi.edu/203-resources/1920-three-cs-to-greater-independence-1>
- What My Parents Did Right: Recommendations for Parents of Children with Blindness
<http://www.tsbvi.edu/spring-2015/4352-right-recommendations>
- Who's Driving the Bus?
<http://www.tsbvi.edu/203-resources/2341-whos-driving-the-bus-1>

Materials Available from American Printing House for the Blind (through Federal Quota Funds for registered students, contact Yvonne Ali at Yvonne.ali@msb.dese.mo.gov)

- https://shop.aph.org/webapp/wcs/stores/servlet/Category_412A4B6C_10001_11051_20790_-1_20764

Missouri State Resources

- Finding Our Voices: Laying the Foundation of an Empowered Adulthood
<http://dese.mo.gov/sites/default/files/se-ep-lisa-ezeamii-hekmat-presentation-1.pdf>
- Self-Determination
<http://dese.mo.gov/sites/default/files/se-ep-susan-hekmat-self-determination.pdf>

National Resources

- A Functional Model of Self-Determination: Describing Development and Implementing Instruction
http://www.beachcenter.org/Research/FullArticles/PDF/SD5_A%20Functional%20Model%20of.pdf
- American Institutes for Research (AIR) Self-Determination Assessments
<http://www.ou.edu/education/centers-and-partnerships/zarrow/self-determination-assessment-tools/air-self-determination-assessment.html>
- Enhancing Self-Determination through Group Action Planning
http://www.beachcenter.org/Research/FullArticles/PDF/PCPF1C_EnhancingSDThroughGAP.pdf
- General self determination tips
http://www.beachcenter.org/resource_library/beach_resource_detail_page.aspx?Type=tip&intResourceID=21&JScript=1
- I'm Determined
http://www.imdetermined.org/educators/getting_started/
- Post-Outcomes Network at the National Center on Secondary Education and Transition (NCSET).
http://www.ncset.hawaii.edu/resources/topics/resources_02.html
- Promoting Student Self-Determination Skills in IEP Planning
<http://transitionresponse.com/wp-content/uploads/2011/11/2011-11-14-Promoting-Student-Self-Determination.pdf>
- Promoting Transition Goals and Self-Determination Through Student Self-Directed Learning: The Self-Determined Learning Model of Instruction
http://www.beachcenter.org/Research/FullArticles/PDF/SD9_Promoting%20Transition%20Goals%20and%20Self-Determination.pdf
- Self Determination
<http://www.pacer.org/transition/learning-center/independent-community-living/self-determination.asp>
- Self-Determination Synthesis Project/US DOE
<https://www.pepartnership.org/resources/search/transition/self-determination-synthesis-project.aspx>
- Ten steps to independence: Promoting self-determination in the home
http://www.beachcenter.org/resource_library/beach_resource_detail_page.aspx?Type=tip&intResourceID=88

- The 411 on Disability Disclosure: A Workbook for Youth with Disabilities
https://heath.gwu.edu/files/downloads/411_disability_disclosure_complete.pdf
- The Self-Determination of Youth with Disabilities
http://www.nlts2.org/fact_sheets/nlts2_fact_sheet_2005_06-2.pdf

Online Learning

- Hadley School for the Blind: www.hadley.edu (online and correspondence courses for individuals with VI, their families, and professionals, on topics including Independent Living & Business Concepts & Skills)
- Lesson Ideas for Self-Determination **upcoming January 12, 2016**
https://txtsbvi.escworks.net/catalog/session.aspx?session_id=38613
- To Live, To Love, To Work, To Play: Blending Quality of Life Into the Curriculum
<http://www.perkinselearning.org/videos/webcast/live-love-work-play-blending-quality-of-life-into-curriculum>

Other Resources

- “Becoming Commuters: Teaching students traveling to work using public transportation,” Feinberg, *Journal of Visual Impairment & Blindness*, Volume 105, pp. 262-265.
- “The Effects of Assertiveness Training on Enhancing the Social Skills of Adolescents with Visual Impairments,” Kim, *Journal of Visual Impairment & Blindness*, May 2003, pp. 285-297.
- “Point/Counterpoint: Is the training of blind persons to be self-advocates the most effective way to increase access to the community in general and access in particular?,” O’Connor, *Journal of Visual Impairment & Blindness*, Sep-Oct 1995, pp. 388-390.
- “Promoting and nurturing self-esteem,” Lewis & Wolffe, *Teaching social skills to students with visual impairments: From theory to practice*, pp. 122-162, New York: AFB Press, 2006.
- “Promoting Self-Determination: A Model for Training Elementary Students to Self-Advocate for IEP Accommodations,” Hart and Brehm, *TEACHING Exceptional Children*, Vol. 45(5), 2013, pp. 40-48.
- “Promoting the Self-Determination of Students with Visual Impairments: Reducing the Gap Between Knowledge and Practice,” Agran, Hong, and Blankenship, *Journal of Visual Impairment & Blindness*, Aug 2007, Volume 101(8).
- “Putting self determination into practice,” Karvonen et al., *Exceptional Children*, 71, 23-41, 2004.
- Self-determination strategies: Case studies of adolescents in transition (2nd ed.), Parker, Field, & Hoffman, 2013.
- Self-determination strategies for adolescents in transition, Hoffman and Spezia, 1998.
- “Teaching self-determination: Empowering teachers, empowering students,” Jones, *Teaching Exceptional Children*, 39, 12-17, 2006.
- Your Perfect Right: Assertiveness and Equality in Your Life and Relationships (8th ed.), Alberti and Emmons, 2001.

Websites:

- American Foundation for the Blind: www.afb.org
- American Printing House for the Blind, Inc.: www.aph.org
- Hadley School
 - Resource list for non-drivers:
<https://www.google.com/url?q=https://www.hadley.edu/seminardownload/Resource->

List-Rosenblum-

[Nondriving.rtf&sa=U&ved=0CAQQFjAAahUKEwi8qK2m89PHAhWDE5IKHSGYAKM&client=internal-uds-cse&usg=AFQjCNEHofzcUiqNAHHk6YxdnIQUF6gbTA](#)

- Missouri School for the Blind: <http://msb.dese.mo.gov>
- National Center on Deaf-Blindness: www.nationaldb.org
- Perkins School for the Blind: www.perkins.org
 - Person-Centered Planning / Personal Futures Planning for Students with Disabilities: www.perkins.org/resources/scout/transition
- Project Aspiro: www.projectaspiro.com
 - A career planning and employment resource for people who are blind or partially sighted.
- Texas School for the Blind and Visually Impaired: www.tsbvi.edu
- U.S. Department of Labor Office of Disability Employment Policy (ODEP) – Youth: www.dol.gov/odep/categories/youth

9/11/15