

## Skills Assessment/Planning Guide

<b>DOMAIN: SELF-DETERMINATION SKILLS</b>				
Student: _____ School Year: _____		Skill Level Emerging: E Partial: P Skillful: S	Instructional Priority for this year? Yes/No	Are there any ASOL that might be embedded in this skill? Yes/No If Yes, which ones: (Note: not all skills have embedded academic components)
1.	<b>Choice-Making</b> Makes choices regarding supports, accommodations, and activities.			
2.	<b>Decision Making</b> Makes meaningful decisions related to academic and leisure activities.			
3.	<b>Problem Solving</b> Identifies supports, accommodations and solutions that work best for him/her in a given situation.			
4.	<b>Goal-Setting and Attainment</b> Expresses interest and preferences for life when school is finished.			
5.	<b>Internal Locus of Control</b> Demonstrates a belief that he/she has control over outcomes that are important in his/her life.			
6.	<b>Positive Attributes of Efficacy Outcome Expectancy</b> Demonstrates confidence that he/she has the skills needed to attain a given outcome.			
7.	<b>Self-Regulation</b> Utilizes individualized supports to monitor his/her actions and behaviors.			

Adapted from: Self-Determination Training and Technical Assistance Centers Project- UNC Charlotte

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8.	<b>Self-Advocacy/Leadership</b> Communicates his/her needs, preferences and interests.			
9.	<b>Self-Awareness/Knowledge</b> Expresses his/her own strengths and needs and knows how to use them to attain goals.			
10.	<b>Self-Instruction</b> Demonstrates skills that assist him/her in using self selected prompts for independence.			