



Setting the Stage for Transition Success

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Purpose of IDEA

...to ensure that all children with disabilities have available to them a free and appropriate education that emphasizes special education and related services designed to meet their unique needs and **prepare them for further education, employment, and independent living...**

20 USC §1400(d)(1)(A)

DESE Technical Assistance Advisory SPED 2013-1

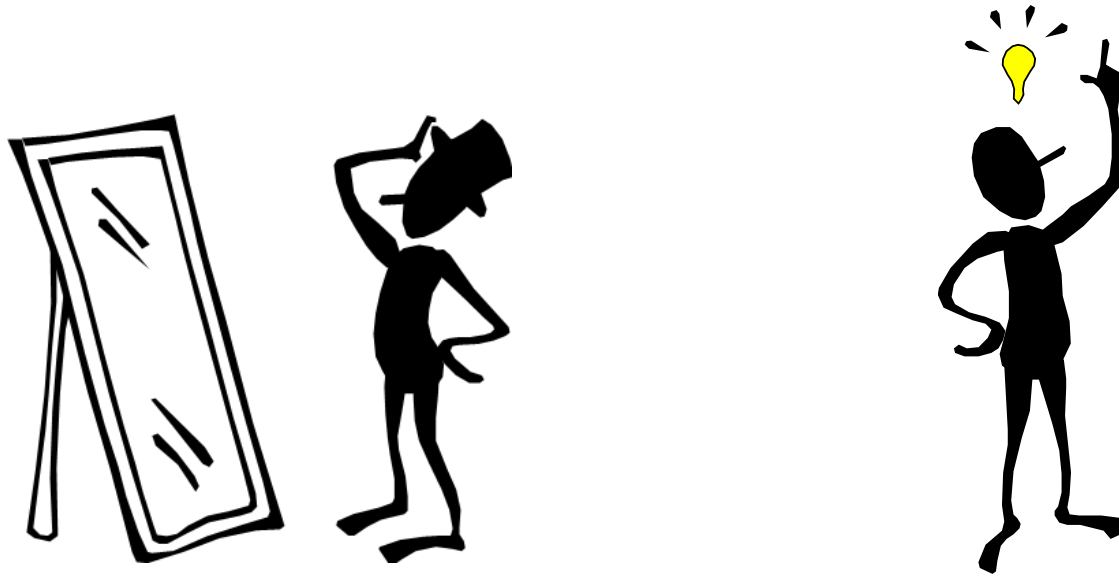
- The ultimate goal of all professional endeavors in special education is to prepare students with disabilities for adult life
- The more students are engaged in planning their own futures, the more promising those futures are likely to be

What makes a difference in postsecondary life for young adults with disabilities?

- Self-Awareness
- Self-Determination
- Perseverance
- Goal Setting
- Use of Available Resources
- Emotional Coping Strategies

Raskind, M. (2009). Success Attributes Among Individuals with Learning Disabilities.

Getzel, E. (2008). Experiences of College Students With Disabilities and the Importance of Self-Determination in Higher Education Settings.



Self-Determination

Self-Determination Defined

- A combination of skills, knowledge, and beliefs that enable a person to engage in goal-directed, self-regulated, autonomous behavior.
- An understanding of one's strengths and limitations together with a belief in oneself as capable and effective are essential to self-determination.
- When acting on the basis of these skills and attitudes, individuals have greater ability to take control of their lives and assume the role of successful adults in our society.

Components of Self-Determination

- Choice making: appropriately choosing between a finite number of choices
- Problem-solving: weigh pros & cons of potential actions, identify barriers to success
- Decision making: involves choosing between unlimited options
- Goal setting and attainment: ability to set appropriate goals for self and achieve the goals with actions

Components of Self-Determination

- Self-regulation: self-monitoring, self-evaluation, self-instruction, self-management (controlling own behavior by being aware of one's actions and providing feedback)
- Self-awareness: awareness of own individuality, strengths, and areas for improvement
- Self-efficacy: understanding that own actions have an impact – you are a causal agency in your life
- Self-advocacy: have knowledge of self, knowledge of rights, communication skills, and leadership ability.

Self-Determination Simplified

“Essentially being able to make choices and decisions about one's own life without any more support than necessary”

(DCDT fact sheet)



Why the emphasis on SD?

- Individuals who score higher on measures of SD have more positive adult outcomes (e.g., better employment, better living situations)
- Research is emerging regarding the relationship between SD and positive school experiences (e.g., higher grades, attendance, fewer behavior problems).
- Wehmeyer & Schwartz (1997)



Promoting SD in Students

1. Student-driven IEP and transition planning.

- Making sure the student attends and is PREPARED for participating in their IEP meetings
- Important step in transferring decision-making power to students
- Teaching students about the IEP and its use in guiding their future
- Remember that ALL students are capable of participating

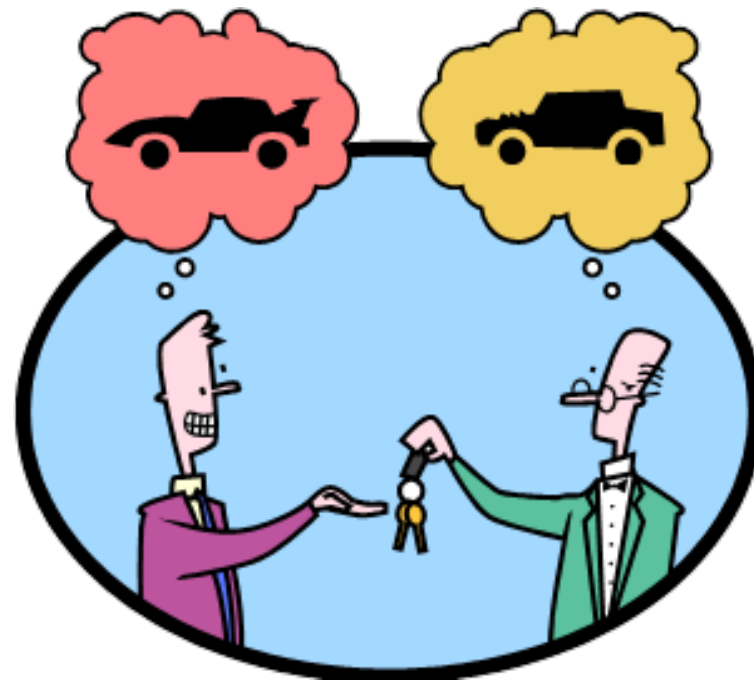
Promoting SD in Students

2. Directly teaching skills or enhancing knowledge

3. Embedding instruction into the general curriculum or daily activities

- For example, including goals for writing (goal-setting) into writing class or planning leisure activities for the upcoming weekend

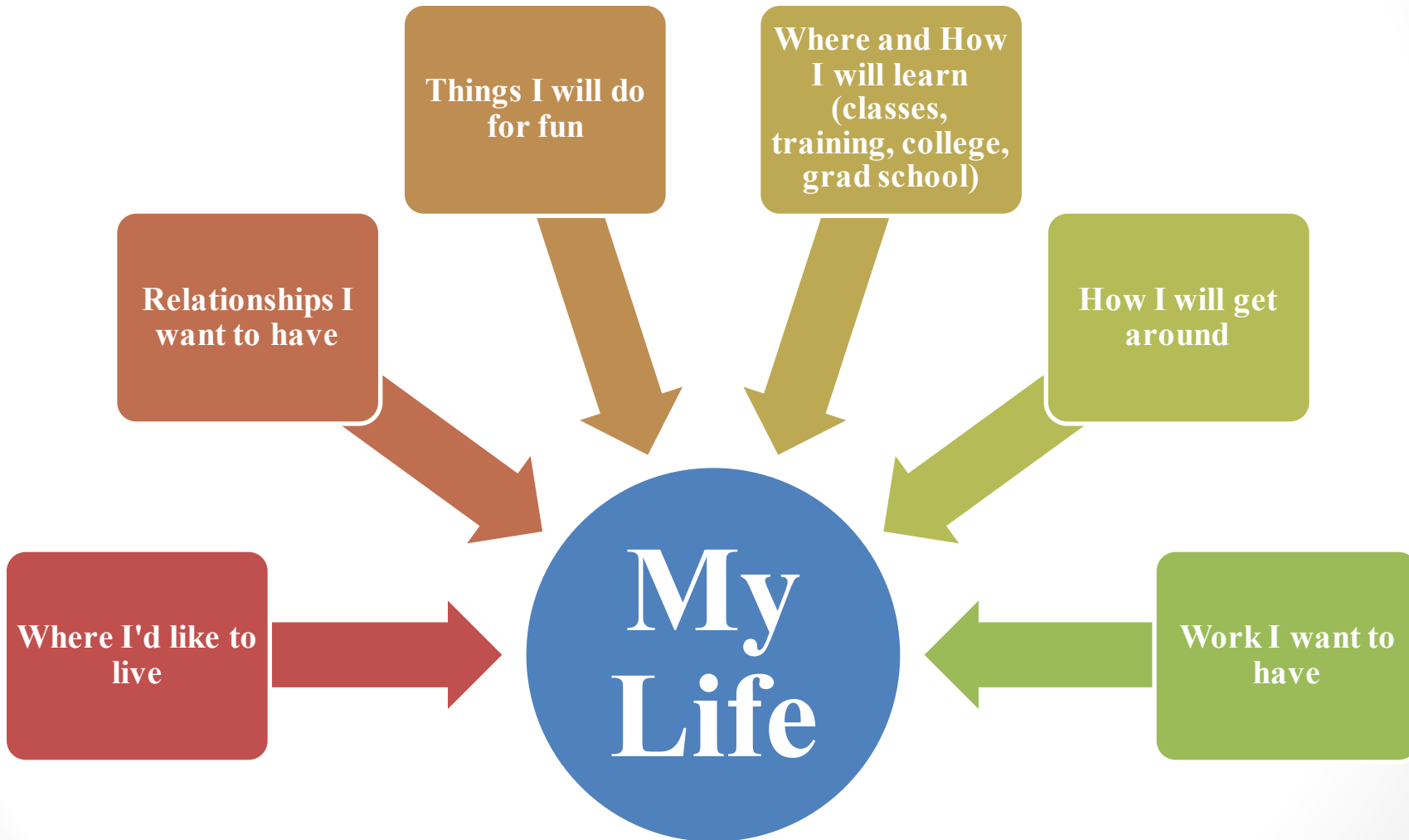
4. Person-centered Planning



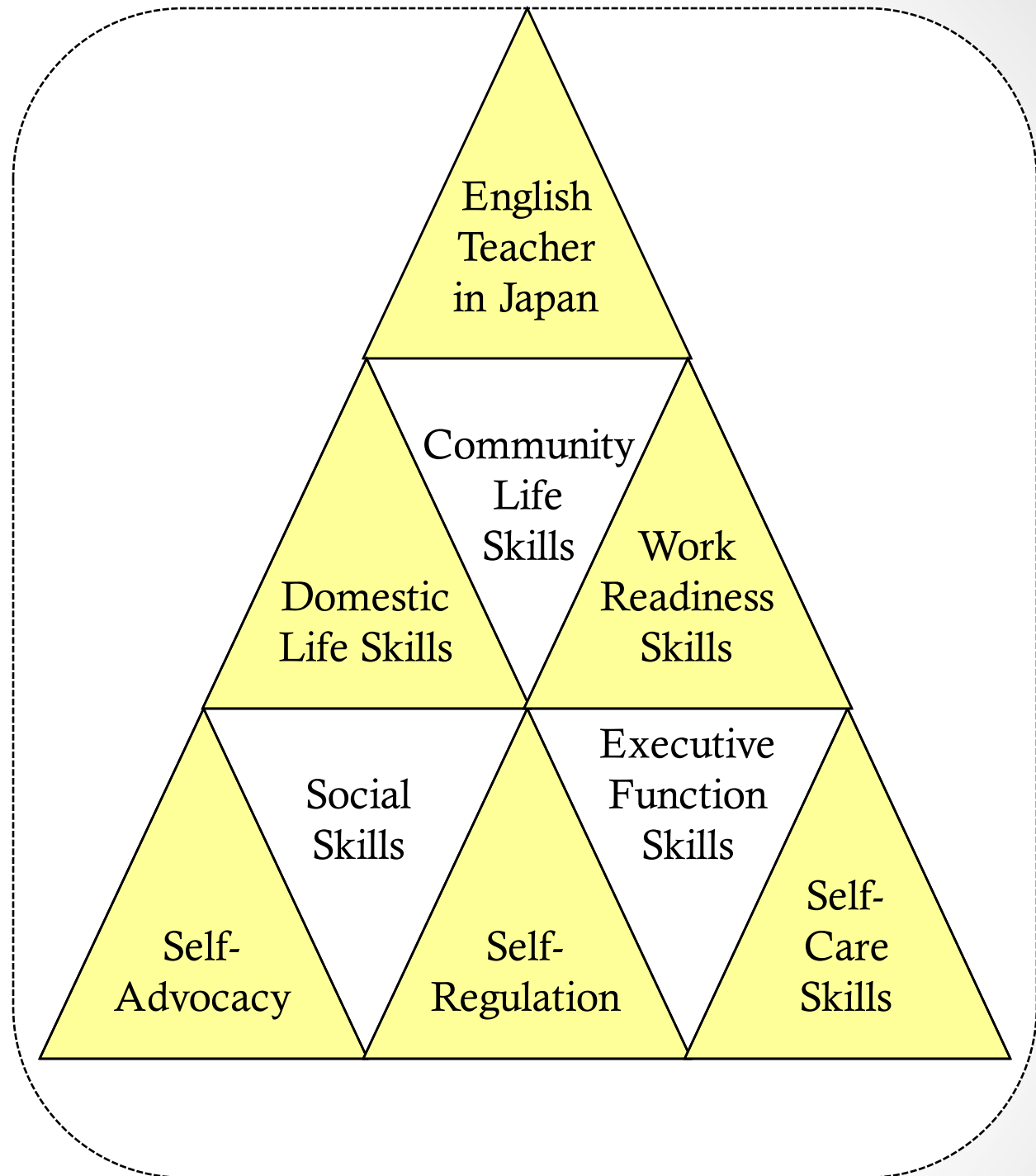
THE STUDENT'S POST-SECONDARY VISION

What makes a vision statement?

- Student driven with parent & team participation
- Covers the areas of:
 - Education
 - Employment
 - Adult service connections
 - Social skills & social life (Relationships)
 - Housing
 - Independence
 - Transportation
 - Community access & participation
 - Leisure/Recreation
- Describes skills the student will possess



Pyramid
tool to aid
in
visualizing
skill
building
and
progress



Using Technology to Support Self Determination

- Starting with the Big Picture
 - Teaching students about self determination and it's components
- Working on the Details
 - Choice Making
 - Problem Solving & Decision Making
 - Goal Setting

The Big Picture

- National Gateway to Self Determination
 - Research and White Papers
 - Assessment Checklists and Scales
 - Curriculum Supports
 - **It's My Future** iOS App
- I'm Determined
 - Resources- videos, materials
 - Student's stories
 - **One Pager; Good Day Plan & Goal Setting Web Apps**

Supporting the Details

Choice Making

Choice Map; ChoiceBoard
Creator

Problem
Solving &
Decision
Making

Unstuck; Decision Helper;
My DPS

Goal Setting &
Tracking

Productivity; Strides; Goal
Setting