

Self-Determination Checklist

Student Self-Assessment



Student Name: _____

Date: _____

Self-Determination skills help you to know

- yourself*
- your goals*
- supports you need to reach your goals*

Use the following scale to rate the statements below:

3 = almost always/most of the time

2 = sometimes

1 = rarely or never

| Rating | | | |
|--------|---|---|------------------------------------------------------------------------------------------------------------|
| 3 | 2 | 1 | I set goals to get what I want or need. |
| 3 | 2 | 1 | I make plans for reaching my goals. |
| 3 | 2 | 1 | I check my progress on how I am doing toward my goals. |
| 3 | 2 | 1 | I attend my IEP Meetings. |
| 3 | 2 | 1 | I participate in my IEP Meetings. |
| 3 | 2 | 1 | I know the goals listed in my IEP. |
| 3 | 2 | 1 | At school, educators listen to me when I talk about what I want or need. |
| 3 | 2 | 1 | At home, my parents listen to me when I talk about what I want or need. |
| 3 | 2 | 1 | I have others in my life who help me to accomplish my goals. |
| 3 | 2 | 1 | I ask for help when I need it. |
| 3 | 2 | 1 | I know what I need, what I like and what I enjoy doing. |
| 3 | 2 | 1 | I tell others what I need, what I like and what I enjoy doing. |
| 3 | 2 | 1 | I help to make choices about the supports (educational services) and accommodations that I need in school. |
| 3 | 2 | 1 | I can describe my learning difficulties to others. |
| 3 | 2 | 1 | I believe I have control to direct my life. |
| 3 | 2 | 1 | I take care of my personal needs (clothes, chores, meals, grooming). |
| 3 | 2 | 1 | I make friends with others my age. |
| 3 | 2 | 1 | I make good choices. |
| 3 | 2 | 1 | I believe that working hard in school will help me to get a good job. |

