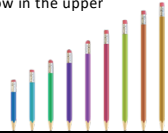


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- 1 Close any applications that use bandwidth or resources on your device
- 2 To submit a question, click "Questions" in the webinar panel and type in your question
- 3 To minimize the webinar panel, click the orange arrow in the upper left of the panel
- 4 If you experience computer audio issues, you can switch to "Phone call" in the "Audio" section of the webinar panel and use the dial-in information provided




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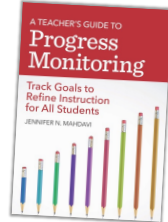
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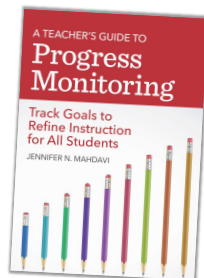
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### Giveaway

We're giving away 3 FREE copies of

**A Teacher's Guide to Progress Monitoring!**

Three attendees will be selected at random and emailed after the webinar. Submit your questions to increase your chances!




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## Self-Determination through Goal Setting

Dr. Jennifer N. Mahdavi

**Webinar Objectives:**

- Define self-determination (SD) and discuss how goal setting & choice-making supports its development
- Review evidence-based practices to support goal setting for individuals of diverse abilities and age ranges
- Design procedures to teach children with or without disabilities to set their own goals/ make choices




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## Social Distancing to Self-Determination

- Children are home; parents are mediating education
- Online learning may not “fit” the needs of
  - Young children
  - Individuals with some disabilities
- Restrictions due to the pandemic add to
  - Anxiety
  - Feeling out-of-control
  - Sense of confusion
- Helping children take charge of each day by setting and working toward a goal could help relieve anxiety and increase productivity– in both students and adults!

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## Self-Determination: What and Why

- Skills & traits that lead to more independent living (Wehmeyer, 2015)
- “Academic enablers” that support success (Gresham, 2015)
- Low SD → poor future outcomes
  - Learned helplessness (Shogren et al., 2017; Sands & Doll, 1996)
  - Poor money management (Wehmeyer, 1994)
  - Limited social contact (Wehmeyer & Abery, 2013)
- Benefits include
  - Improved career & employment options
  - Increased community engagement and social skills
    - Wehmeyer, Shogren & Seo, 2015
  - Increased motivation and satisfaction with work or life choices (Shogren et al., 2017; Pelletier & Joussemen, 2017; Rowe et al., 2015)

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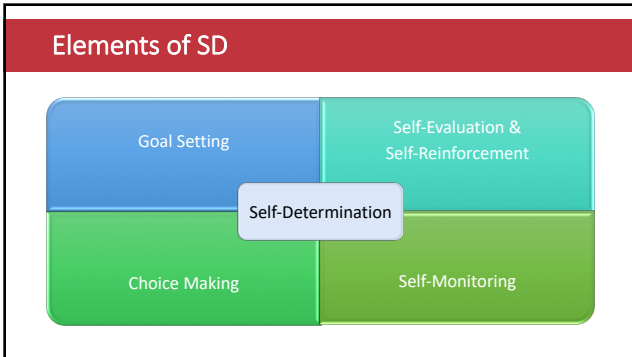
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- Building SD: Evidence-Based Practices**
- Young children
    - Choice making & self-regulation of feelings/reactions (Palmer et al., 2013)
    - Problem solving (Tensfeldt, Verroux & Mahdavi, 2018)
  - Individuals with Intellectual Disability
    - Set appropriate goals (Kleinert et al., 2014)
    - Monitoring of self-set goals (Wehmeyer et al., 2013)
    - Progress monitoring of behavior change (Clouse & Bauer, 2016)
  - Students with learning or emotional/behavioral disorders
    - Improve reading ability (Bruhn & Watt, 2012) and vocabulary (Kim et al., 2018)
    - Increase on-task behavior (Verrall, 2012)
    - Develop social skills (Peterson et al., 2006)

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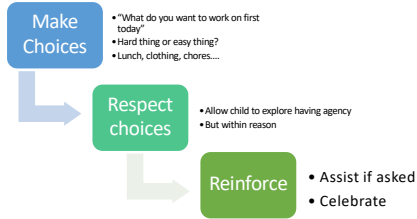
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### Building SD during Virtual Learning




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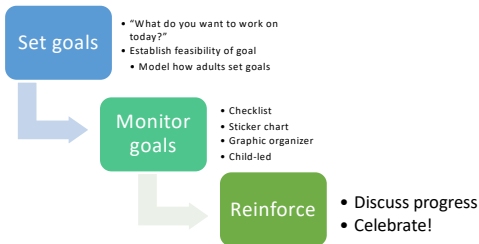
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### Building SD during Virtual Learning




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### Choice-making & Goal-setting: Considerations

- Help the child understand the range of possible options
  - Ice cream for breakfast is probably NOT a legitimate choice
  - Long lists of school assignments may be overwhelming
- Work with the child to identify his/her strengths as foundation for goal choices
  - Run around the block vs. run a 5K vs. run a marathon
  - Give child ownership/agency in the discussion
- Use explicit instruction to teach and practice SD skills
  - I do- We do- You do
  - Set goals/make choices along with the child

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### Webinar Objectives Revisited

- Define self-determination (SD) and discuss how goal setting & choice-making supports its development
- Review evidence-based practices to support goal setting for individuals of diverse abilities and age ranges
- Design procedures to teach children with or without disabilities to set their own goals/ make choices

• Contact: [mahdavi@sonoma.edu](mailto:mahdavi@sonoma.edu)

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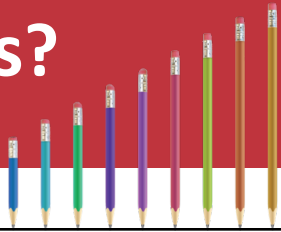
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# Questions?

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### COVID-19 Resources

- Recommended reading
- Downloadable resources
- Professional development webinars

<http://bit.ly/COVID-education>



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