

# 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.                                      |

