



# Self-Determination

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# Definition

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Wehmeyer (2004) defines self-determination as “acting as the primary causal agent in one’s life and making choices and decisions regarding one’s quality of life free from undue external influence or interference” p. 351.

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One person being able to decide for themselves without other peoples opinions influencing them-Katelynne Hull, USAO Student

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What age should it begin?

# Choice-Making

Teaching students to identify interests, express preferences, make choices; structuring instructional activities to provide students the opportunity to select preferences.

- Clothes
- Cereal (Briarley at 14 months)
- Meals and helping prepare
- Toys



# Problem-Solving

Teaching students to systematically solve problems, providing opportunities to participate in problem-solving activities.

- Games/Puzzles
- Peace (conflict resolution) table



A young child with blonde hair and glasses is sitting on a red couch, reading a colorful book. The child is wearing a blue t-shirt and a blue patterned blanket. The background is slightly blurred, showing a wooden chair and a patterned pillow.

## Goal Setting

Teaching students to set and track goals, participate in goal-setting activities, develop plans to achieve goals.

- Read a million words
- Activity chart (summer)
- Clean for movie





# Self-Evaluation

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Teaching students to monitor and evaluate their own behavior, select and provide their own reinforcement, set their own schedule, and to self-direct learning through strategies like self-instruction.

- Behavior chart
  - Sitting still
- Token economy system

<https://www.youtube.com/watch?v=fKqmeex6wjk>





# Risk-Taking

Teaching students to identify potential risks or hazards and then responding appropriately to the experience.

- Controlled environment
- Briarley and the ladder







## Self-Awareness

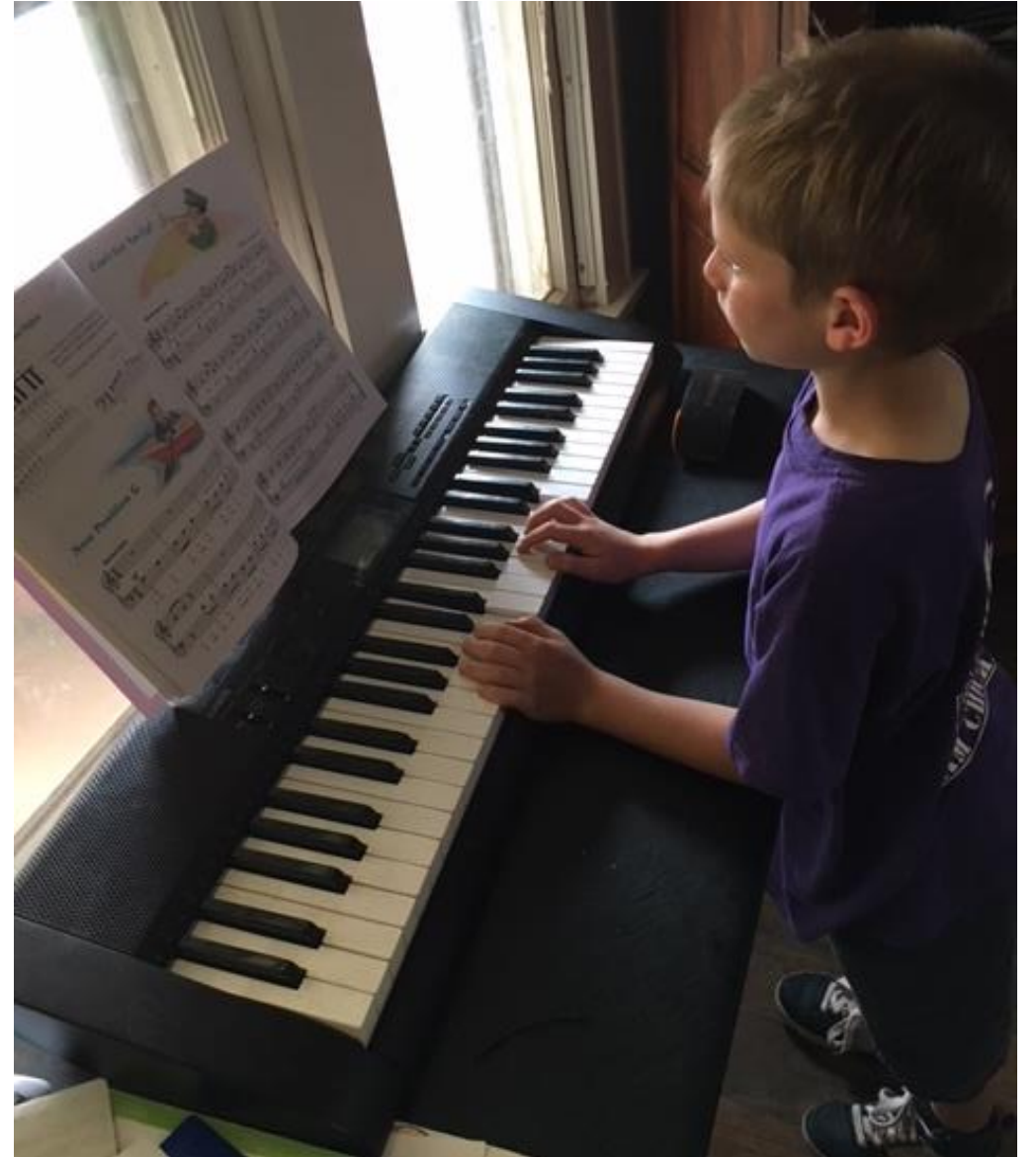
Teaching students to identify their own strengths and limitations, to identify their own preferences, interests, and abilities, and to apply that knowledge to their advantage.

- Okay to be different
- Talents

# Decision-Making

Teaching students to make effective decisions, providing opportunities to participate in making decisions about their education and postschool life.

- Giving appropriate choices
- If this, can't that



Did you notice a background theme?

Each was different because each component of SD is unique but...

Did you notice a common thread throughout the presentation?

Family

# References

Shogren, K. A., & Turnbull, A. P. (2006). Promoting self-determination in young children with disabilities. *Infants & Young Children, 19*, 338-352.

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Wehmeyer, M. L. (2004). Beyond self-determination: Causal agency theory. *Journal of Developmental and Physical Disabilities, 16*, 337-359. doi:10.1007/s10882-004-0691-x