

## I'm Determined: Self-Determination Parent Checklist

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                              0 = not observed

| Rating |   |   |   |  |
|--------|---|---|---|--|
| 3      | 2 | 1 | 0 | My child sets goals to get what he/she wants or needs.   |
| 3      | 2 | 1 | 0 | My child makes plans for reaching his/her goals.   |
| 3      | 2 | 1 | 0 | My child checks his/her progress when working toward his/her goals.  |
| 3      | 2 | 1 | 0 | My child attends his/her IEP Meetings.   |
| 3      | 2 | 1 | 0 | My child participates in his/her IEP Meetings.   |
| 3      | 2 | 1 | 0 | My child knows the goals listed in his/her IEP.  |
| 3      | 2 | 1 | 0 | At school, educators listen to my child when he/she talks about what he/she wants or needs.                              |
| 3      | 2 | 1 | 0 | At home, I listen when my child talks about what he/she wants or needs.  |
| 3      | 2 | 1 | 0 | My child has others in his/her life who help him/her to accomplish goals.  |
| 3      | 2 | 1 | 0 | My child asks for help when he/she needs it.   |
| 3      | 2 | 1 | 0 | My child knows what he/she needs, what he/she likes and what he/she enjoys doing.  |
| 3      | 2 | 1 | 0 | My child tells others what he/she needs, what he/she likes and what he/she enjoys doing.                                 |
| 3      | 2 | 1 | 0 | My child helps to make choices about the supports (educational services) and accommodations that he/she needs in school. |
| 3      | 2 | 1 | 0 | My child can describe his/her learning difficulties to others.   |
| 3      | 2 | 1 | 0 | My child believes he/she has control to direct his/her life.   |
| 3      | 2 | 1 | 0 | My child takes care of his/her personal needs (clothes, chores, meals, grooming).  |
| 3      | 2 | 1 | 0 | My child makes friends with others his/her age.  |
| 3      | 2 | 1 | 0 | My child can make good choices.  |
| 3      | 2 | 1 | 0 | My child believes that working hard in school will help him/her to get a good job.                                       |

