I'm Determined: Self-Determination Parent Checklist

Student Name: Self-Determination skills help you to know	Date:	
☐ Yourself	i'm detel	
☐ Your goals	Q C tC1	
☐ Supports you need to reach your goals	ine	Ī
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

Rati 3 2 3 2 3 2 3 2	ng 1	0	My child sets goals to get what he/she wants or needs.
3 2 3 2			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.
2 2	1	0	My child checks his/her progress when working toward his/her goals.
	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.

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	1.	What is one (1) goal that your child has for himself/herself?
:	2.	List three (3) things that your child is doing to reach this goal.
:	3.	How can people around your child (teachers, family, friends, etc.) help to build his/her self-determination skills?
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