



Suggestions on how your child can participate in his/her Individualized Education Program (IEP):

- Create invitations to the meeting
- Participate in IEP planning meetings
- Make a list of strengths and challenges
- Create a presentation
- Introduce IEP team members
- Share plans for the future
- Write thank-you notes after the meeting
- Web site



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**What is
Self-Determination?
How can I help
my child become more
self-determined?**

A Self-Determination Project

Self-determination refers to both the right and the ability to direct your own life.

Self-determination allows people to make choices and decisions to improve their quality of life.

■ Self-determination means:

- knowing yourself;
- knowing what you want your future to look like and how to plan for it; and
- knowing the supports you will need to have control in your life.

■ Parents should know:

- Studies show that students who included self-determination goals in their Individualized Education Programs (IEPs) were more likely to earn a higher income one year after graduation. (Wehmeyer, 2004)

■ How can you help your child become self-determined?

- Encourage your child make choices and decisions about everyday activities.
- Help your child identify strengths and preferences.
- Help your child understand that choices have results and consequences.
- Talk to your child about the process of goal setting.
- Encourage disability awareness.
- Help your child understand accommodations and the role they play in his/her life.
- Talk to your child about his/her rights.
- Help your child become involved in his/her IEP.
- Model problem solving.

