

SELF-DETERMINATION IN ACTION

Moira Rossi & Drew Andrews

PRESENTERS

◎ Moira Rossi

- Self-Advocate
- Board member or FLSANDS
- Winner of a national public announcement award
- Plenary speaker to the Florida State Board of Education
- Local chair for Advocate Reaching Community
- FUTURE INTERNATIONAL SENSATION

◎ Drew Andrews

- Coordinator of Transition for Duval County Public Schools

SELF-DETERMINATION

- It's been said that people who are self-determined
 - initiate events in their lives,
 - set and strive for personal goals,
 - are self-confident and proud, and
 - understand their own personal strengths and weaknesses.
- This presentation will provide information on self-determination and one student's (Maira Rossi) story of putting self-determination into action.

FIVE-STEP MODEL OF SELF-DETERMINATION

- ⦿ Know Yourself and Your Environment
- ⦿ Value Yourself
- ⦿ Plan
- ⦿ Act
- ⦿ Experience Outcomes and Learn

- ⦿ Then go through process again!

FIVE-STEP MODEL OF SELF-DETERMINATION

- ◎ Know Yourself and Your environment
 - Dream
 - Know your strengths, weaknesses, needs, and preferences
 - Know options, supports, and expectations
 - Decide what is important to you

FIVE-STEP MODEL OF SELF-DETERMINATION

◎ Value Yourself

- Accept and value yourself
- Use weaknesses to find strengths
- Recognize and respect right and responsibilities
- Take care of yourself
- Develop and nurture positive relationships

FIVE-STEP MODEL OF SELF-DETERMINATION

⦿ Plan

- Set goals
- Plan small steps to meet goals
- Anticipate results
- Be creative
- Visually rehearse

FIVE-STEP MODEL OF SELF-DETERMINATION

⦿ Act

- Take Risks
- Communicate
- Access resources and supports
- Negotiate
- Deal with conflict and criticism
- Be focused and persistent

FIVE-STEP MODEL OF SELF-DETERMINATION

- ⦿ Experience Outcomes and Learn
 - Compare outcome to expected outcome
 - Compare performance to expected performance
 - Realize success
 - Make adjustments

- ⦿ Go through process again!

QUESTIONS!

- ⦿ Thank you for your attention and interest
- ⦿ We wish you the best in your program and future.

ULTIMATE GOAL

- ◉ INDIVIDUAL FREEDOM
- ◉ INDIVIDUAL CHOICE
- ◉ INDIVIDUAL CONTROL OVER ONE'S LIFE!