



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

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



© 2007 Commonwealth of Virginia  
Department of Education  
Training and Technical Assistance Centers  
James Madison University, Radford University,  
Virginia Commonwealth University

The Virginia Department of Education does not discriminate on the basis of race, color, national origin, sex, age, or disability in employment or provisions of service.

i'm  
deter  
mine

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

