Self-determination involves knowing about yourself, making decisions, setting goals, taking care of yourself, and more. Use this checklist to rate your self-determination skills. **This is not a test!**

Rate yourself or rate the student by marking the box after each statement.

1 = Yes, I can do this without help.
2 = Sometimes I need help with this.
3 = No, I need help with this.
4 = I don’t know.
5 = This does not apply to me.

**About Me**

1. I can seek help when needed.
2. I can follow rules at school.
3. I can follow rules at home.
4. I can follow rules in the community.
5. I can talk about or show something that I like to do.
6. I can describe my strengths and challenges.
7. I can express my wants and needs effectively.
8. I know my name.
9. I can write my name.
10. I know my address.
11. I know my telephone number.
12. I know my social security number.
13. I know my student identification (ID) number.
14. I know where to locate important information about me (e.g., birth certificate, social security card).
15. I understand how my disability affects my life.
16. I know what accommodation(s) I need.
# Modified Annual Self-Determination Checklist

(for students ages 14-21)

<table>
<thead>
<tr>
<th>Name: _____________________________</th>
<th>ID#: __________________</th>
<th>Signature: _______________________________</th>
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### About My Education

1. I can make change.
2. I can count coins.
3. I can count bills.
4. I can tell time.
5. I can go from class to class by myself.
6. I can follow a schedule.
7. I participate in my Individual Educational Plan (IEP) meetings.
8. I can follow verbal directions.
9. I can follow written directions.
10. I can use technology /assistive technology to perform tasks.
11. I show interest in learning new things.
12. I can talk about/demonstrate what I learned.
13. I can use pictures to help me read and understand.
14. I can locate information from different sources.
15. I can work in a group taking turns.

*Place in student’s Career Portfolio*
Modified Annual Self-Determination Checklist (for students ages 14-21)

Name: ___________________________  ID#: ___________________________  Signature: ___________________________

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**Indicate your age and the date this checklist is completed.**

<table>
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<tr>
<th>Age</th>
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**About My Career/Job**

1. I can learn from experiences.
2. I can identify my career/job goal(s).
3. I can dress appropriately for work.
4. I can develop a resume.
5. I can complete a basic application.
6. I know how to search for a job.
7. I know how to schedule a job interview.
8. I show respect for authority figures.
9. I can stay on-task.
10. I can perform simple steps in a job related routine.
11. I can switch tasks when told to do so.
12. I can answer questions about tasks that I can perform.
13. I have a desire to work.
14. I can make helpful decisions in the workplace.
15. I can explain my disability to others.
16. I can set an alarm clock to wake me up on time.

*Place in student’s Career Portfolio*
Modified Annual Self-Determination Checklist (for students ages 14-21)

Name: _____________________________  ID#: _____________________________  Signature: _______________________________

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About My Social Life

1. I can talk on the phone with family and friends.
2. I can make choices.
3. I have friends.
4. I can walk away when angry.
5. I use appropriate language when I am angry.
6. I participate in recreational activities.
7. I belong to clubs/organizations.
8. I can schedule a social activity with at least one friend.
9. I can interact with adults appropriately.
10. I recognize other people’s feelings (e.g., body language).
11. I can give people their personal space.
12. I can engage in a conversation with others.
13. I can give my opinion appropriately.
14. I can disagree appropriately.

*Place in student’s Career Portfolio 07/06
**Division of Special Education**  
**Modified Annual Self-Determination Checklist (for students ages 14-21)**

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**About My Daily Living Skills**

1. I can prepare simple meals.
2. I know how to use kitchen appliances (e.g., stove, oven, microwave, washing machine).
3. I can perform household chores (e.g., wash dishes, make bed, clean room, take out trash).
4. I can recognize street signs by color and shape.
5. I can recognize store signs and common logos.
6. I can recognize poison symbols and other warning signs.
7. I can make a shopping list for my personal needs.
8. I know where to buy products for my personal needs.
9. I know how to make a deposit and withdrawal at the bank.
10. I can use the restroom independently.
11. I can feed myself.
12. I know my travel options.
13. I maintain good personal grooming/hygiene.
14. I can schedule my appointments (e.g., doctor, interview).
15. I can identify my prescribed medications.
16. I can take care of my medical/health needs.

*Place in student’s Career Portfolio*  07/06