Self-Determination Program Overview

Catalyst Event

Curriculum

Self-Folio

Culminating Event

Share with others

Use for Life-Planning
<table>
<thead>
<tr>
<th>Self-Determination Curriculum</th>
<th>Self-Folio</th>
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<tbody>
<tr>
<td>Group contract.</td>
<td>1. My Life</td>
</tr>
<tr>
<td>What is self-determination?</td>
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<tr>
<td>Independent adulthood means...</td>
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<tr>
<td>Life history.</td>
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</table>
| Life map. | -->

| Interest inventory. | 2. My Interests & Talents |
| Talent self-study. | |
| *(Which are enhanced by autism?)* | -->

| Senses and perception. | 3. My Experiences. |
| How do I learn? | |
| Practice communication. | |
| Study thinking process. | |
| *(Experiences of persons with autism.)* | -->

| Problem-solving meetings. | |
| *(Strategies of persons with autism.)* | -->

| Review above for goals. | 5. My Goals. |
| Goal-setting meetings. | |
| Goal planning. | -->

| *(What is public vs. private?)* | 6. Share With Others. |
| Share what with whom? | -->


Foundation of Self-Folio

**HOW I WOULD INTERPRET THINGS THAT HAPPEN**

**MY PERSONALITY SELF-PORTRAIT VS**

**AN EXAMPLE OF HOW SOMEONE ELSE WOULD INTERPRET AND HANDLE THE SAME SITUATION OR EVENT**

**SOMEONE ELSE'S PERSONALITY PORTRAIT**

**STRONG VISUAL THINKER**

**COMPARE SOCIAL INTERPRETATIONS**

Developing Social and Self Awareness
The Self-Folio as a Bridge

BRAIN'S THOUGHTS

TIM'S THOUGHTS

POINT OF MUTUAL UNDERSTANDING

MORE ABSTRACT AND GENERAL THINKING OF A PERSON WITHOUT AUTISM

MORE LITERAL THINKING OF A PERSON WITH AUTISM
Self-Determination Self-Folio

(Name)

1. My Life
   Life Map
   Life History

2. My Interests And Talents
   Past
   Present

3. My Experiences

4. My Strategies
   Sensory
   Thinking

5. My Goals
   Short Term Goals ⟷ Long Term Goals

6. Sharing Who I am With Others
   Family   Friends   Teachers   Employers
Self-Determination Self-Folio

(Name)

1. My Life
   Life Map           Life History

2. My Interests And Talents
   Past               Present

3. My Experiences
   Sensory           Thinking          Social

4. My Strategies
   Sensory           Thinking          Social

5. My Goals
   Short Term Goals   →   Long Term Goals

6. Sharing Who I am With Others
   Family           Teachers          Employers
MY LIFE IN 5 YEARS

Molly Haggerty (Speculations)

My own place to live

A dream date, maybe get married?

My career: hopefully career-related

Children? Will have children or think of it?

New friends!

My Car: Passat

Travel to New York and Detroit

My Car: Passat

Be Independent!

My Life Now: 1994

My Apartment

My Pets

Medical School

Might Be a Drummer!
Self-Determination Self-Folio

(Name)

1. My Life

LIFE MAP
MY LIFE 5 YEARS FROM NOW
MY LIFE NOW

LIFE HISTORY
CHILD | TEEN | ADULT

2. My Interests And Talents

PAST

PRESENT
2. My Interests and Talents

(Name)

Past

Present
Self-Determination Self-Folio

(Name)

3. My Experience

Social
Thinking
Sensory
ME
Things People Do
Events That Happen
THE WORLD

4. My Strategies

<table>
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<tr>
<th>Sensory</th>
<th>Thinking</th>
<th>Social</th>
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</table>
3. My Experiences

(Name)

THE WORLD

Social
Thinking
Sensory
ME

Things People Do

Events That Happen
ME ——— THE WORLD

Could you please not yell and lower your voice, I'll still hear you loud and clear.

Shut up, dude!!

Hi Mom — look at my new shades, it's easier to drive now!

Now I don't have to squint.

Yum!

Hey mom, could we have fresh broccoli with chicken instead of beef liver?

Timothy, could we trade sweaters? I need your cotton material because the wool itch's bad.

O.K. but I won't wash it.

Hey bob, let's go buy some shades, fancy or hip.

Hh, yuck, beef liver.

Thank you, kindy.
My Strategies For Social Experiences

Social experiences of others:

What they do: (Their strategies)

My social experiences:

What I do: (My present strategies)

My social experiences:

What I want to try: (My new strategies)
My Strategies For Sensory Experiences

My Experience

Strategies

Sensory experiences of others:

What they do: (Their strategies)

My sensory experiences:

What I do: (My present strategies)

My sensory experiences:

What I want to try: (My new strategies)
My Strategies For Thinking Experiences

My Experience

THINKING

Strategies

Thinking experiences of others:

What they do: (Their strategies)

My thinking experiences:

What I do: (My present strategies)

My thinking experiences:

What I want to try: (My new strategies)
Self-Determination Self-Folio

(Name)

5. My Goals

MY GOALS

SHORT TERM GOALS → LONG TERM GOALS

6. Sharing Who I Am With Others

Family

Teachers

Employers
MY GOALS

LONG TERM GOALS

SHORT TERM GOALS
# My Goals

(Name)

## Short Term Goals

<table>
<thead>
<tr>
<th>High School</th>
<th>Community College</th>
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<tbody>
<tr>
<td>Language Club</td>
<td>Language Club</td>
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<tr>
<td>Electronics Club</td>
<td></td>
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<tr>
<td>Maybe make new friends in clubs</td>
<td></td>
</tr>
<tr>
<td>See friends at high school</td>
<td>Call and visit old friends from high school</td>
</tr>
<tr>
<td>Track Team</td>
<td>Volkswalks</td>
</tr>
<tr>
<td>Maybe make new friends on Volkswalks</td>
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</table>

## Long Term Goals

Try to keep old friends. Try to make new friends.
My Possible Goals

(Name)

Review your Life Map:

Possible Goals:

The things you want five years from now are possible goals

Review your Interests and Talents:

Possible Goals:

You may want to set a goal based on an interest or talent

Review your Strategies:

Possible Goals:

You may want to set a goal to use your new strategies
What I Want to Tell Family Members

(My Name)

My Life:

I want to tell family:

(Family Member Names)

My Interests and Talents:

My Experiences:

My Strategies:

My Goals:
MY STRATEGIES

SENSORY

THINKING

SOCIAL
MY INTERESTS AND TALENTS

PAST

PRESENT