

Self-Determination Curricula

1. Steps to Self-Determination: A Curriculum to Help Adolescents Learn to Achieve Their Goals

Steps to Self-Determination is focused on helping students gain knowledge and skills that will allow them to increase their ability to achieve their goals in a variety of environments.

This Instructor's Guide for the Steps to Self-Determination curriculum includes an introductory section and detailed lesson plans with transparency and handout masters for the orientation, workshop, and 16 class sessions. Through piloting and field-testing, we found two key factors that affected the success of the curriculum: (a) the degree to which teachers understood the overall curriculum scope and sequence, and (b) the type of classroom climate that was established during curriculum implementation. The introduction includes information that will help teachers understand the overall goals and organization of the curriculum, as well as factors that will help them to establish the classroom climate most conducive to curriculum success.

Field, S., & Hoffman, A. (1996). Steps to Self-Determination: A curriculum to help adolescents learn to achieve their goals. Austin, TX: Pro-Ed. www.proedinc.com/

2. NEXT S.T.E.P.: Student Transition and Educational Planning (2000)

Based on feedback from several hundred teachers, this curriculum has been revised. The core purpose of the curriculum is to assist students in making the transition from school to adult life. With a constant focus on self-determination, the NEXT S.T.E.P. curriculum helps students learn how to take charge of their own transition planning process. Students identify a variety of goals that relate to jobs, education and training, personal life, and living on their own. The ultimate goal of the curriculum is to assist students in assuming responsibility for important life decisions. The complete curriculum consists of a teacher manual, student workbooks, brochures, and a videotape.

Halpern, A., Herr, C., Doren, B., & Wolf, N. (2000). NEXT S.T.E.P.: Student transition and educational planning. Austin, TX: Pro-Ed. www.proedinc.com/

3. Self-Directed IEP

The Self-Directed IEP is a multimedia package used to instruct students on how to manage their own IEP meetings. It includes two videos, a Teacher's Manual, and a Student workbook. The first video, entitled Self-directed IEP in Action, introduces the self-directed IEP process to students, parents, teachers, and administrators. It shows students with different disabilities in classes working on the Self-Directed IEP lessons and describing their experiences using the steps. The second video, called the Self-Directed IEP, introduces and models the eleven steps needed to actively participate or lead an IEP meeting. After watching the Self-Directed IEP video, students complete eleven lessons in a student workbook that match the steps explained in the video. In these lessons, students learn to apply the step to their own lives.

Martin, J.E., Marshall, L.H., Maxson, L., Maxson, L., & Jerman, P. (1998) Sopris West. <http://www.sopriswest.com/>