

Areas that Impact Self-Determination

Goal Setting

- Deciding on a specific goal
- Setting a time to reach the goal
- Setting a specific time to reach the goal
- Determining the benefits of reaching the goal

Problem-solving

- Defining the problem
- Determining options
- Evaluating and selecting an option
- Developing a plan of action
- Evaluating the process

Self-observation:

- Examine surroundings and performance

Self-evaluation:

- Evaluate performance

Self-reinforcement:

- Self-administration of consequences

Self-knowledge:

- Knowing one's abilities and taking them into account

Choice-making

- Defining the issue
- Determining options
- Evaluating options
- Selecting an option

Self-advocacy

- Speaking up for what an individual believes in

Youth Development

- Knowledge of civil rights
- Public speaking
- Effective communication

Decision-making

- Stating the decision
- Listing choices that are available
- Identifying the consequences
- Selecting best choice

Internal Locus of Control

The concept that the individual believes that he or she is in control of what happens in their lives, without any influence from external factors.