



The Blue and The Green of Self- Determination

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Self-Awareness

Self-Advocacy

Self-Efficacy

Problem-Solving

Choice-Making

Decision-Making

Goal-Setting

Self-Regulation

Goal Attainment

Yvonne Michali, Ph.D.

Ladder of Life

HAPPINESS



Retirement
Family
Home
Career
Graduate H.S.

Yvonne Michali, Ph.D.

Quality of Life

HAPPINESS



Home

Job

Graduate H.S.

Self-efficacy

Self-awareness

Self-advocacy

Goal attainment

Self-regulation

Goal setting

Decision-making

Choice-making

Problem-solving

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What we know about SD...

- Requires a hands-on interaction between **person** and **environment**
- **Blue= person (of any age) who is developing or practicing self-determination skills**
- **Environment = parents, teachers, service providers, neighbors, friends, family, community members, setting**

What we know about SD...

- Development of skills begins at birth and continues throughout lifetime
- Never perfect - *life-long learning*
- **Should not be waiting until
Transition planning to start thinking
about self-determination!**



What we know about SD...

- Requires the **person** who is developing or practicing self-determination skills to make an **EFFORT**

What we know about SD

- Requires the **Green** to:
 - teach the vocabulary of self-determination to the **blue**
 - provide opportunities for **blue** to practice these skills
 - Provide feedback to **blue** regarding the **EFFORT**

What is **EFFORT**?

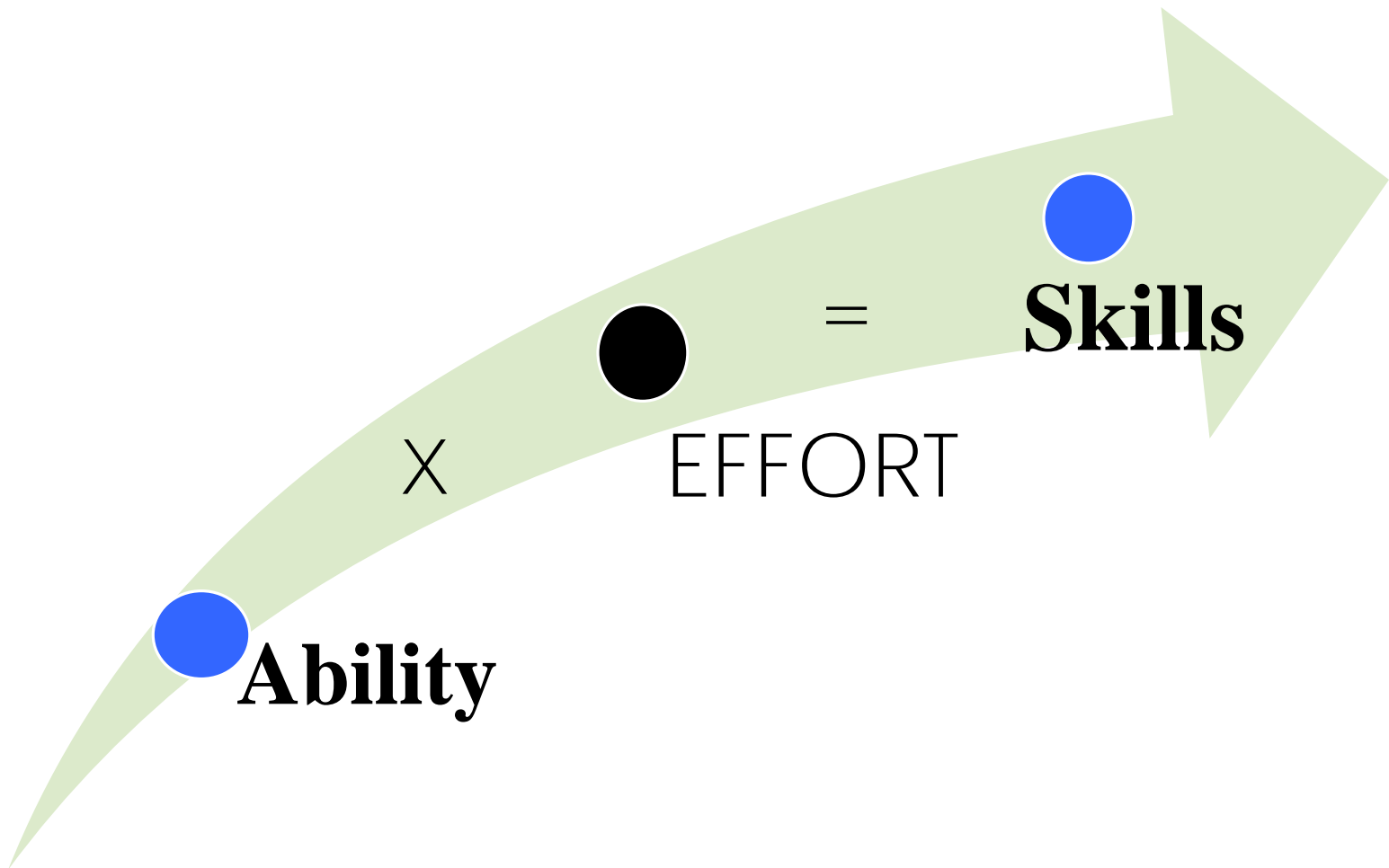
Skills of Effort

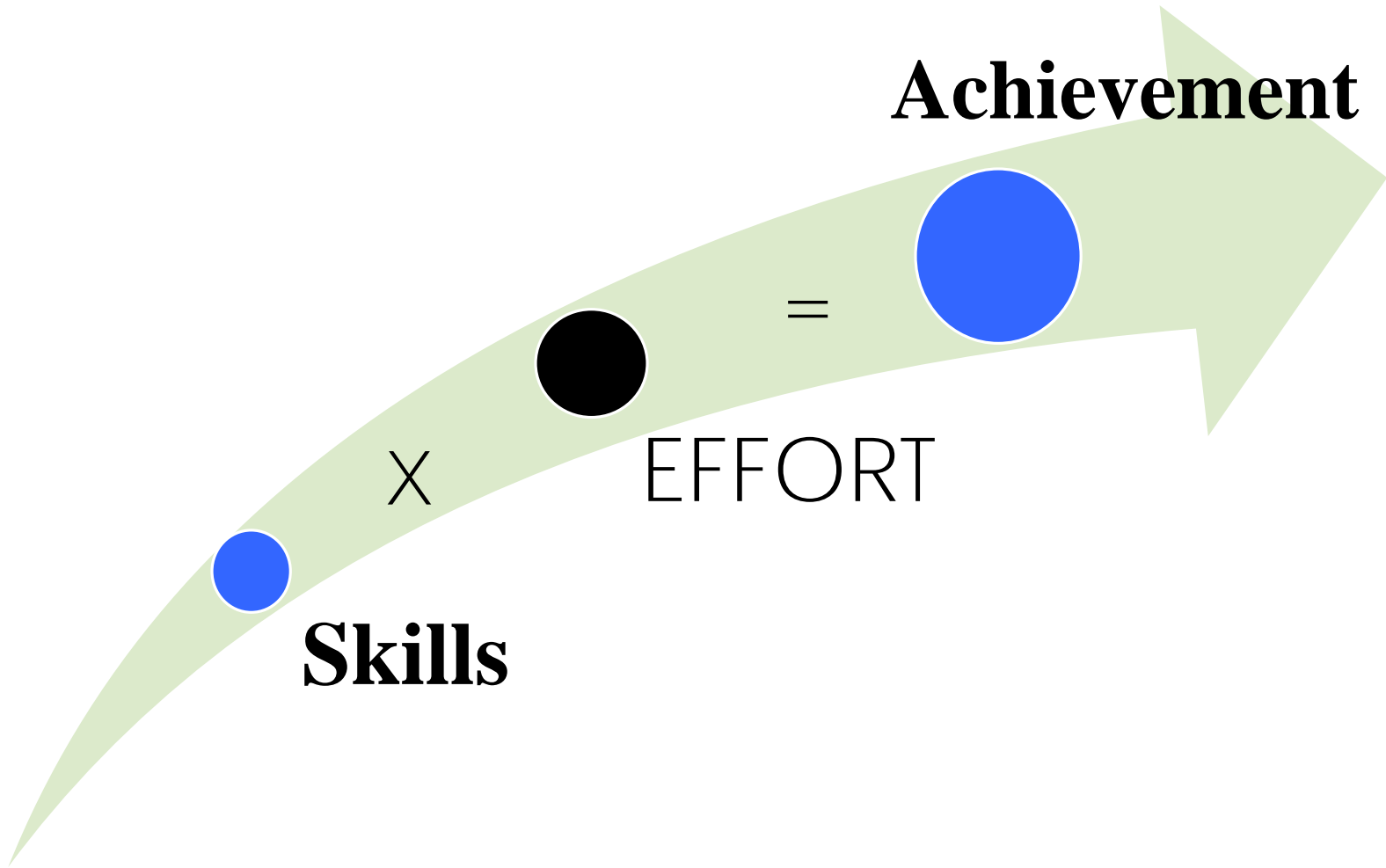
- The application of self-determination skills through multiple opportunities
- Development of the sub-skills and attitudes that are born from self-determination
 - Time management
 - Organizational skills
 - Motivation
 - Self-confidence
 - Critical thinking, analyzing, comparison

Opportunities (5 P's) of Effort

- Punctuality
- Preparedness
- Participation
- Performance
- Propriety

How important is EFFORT?





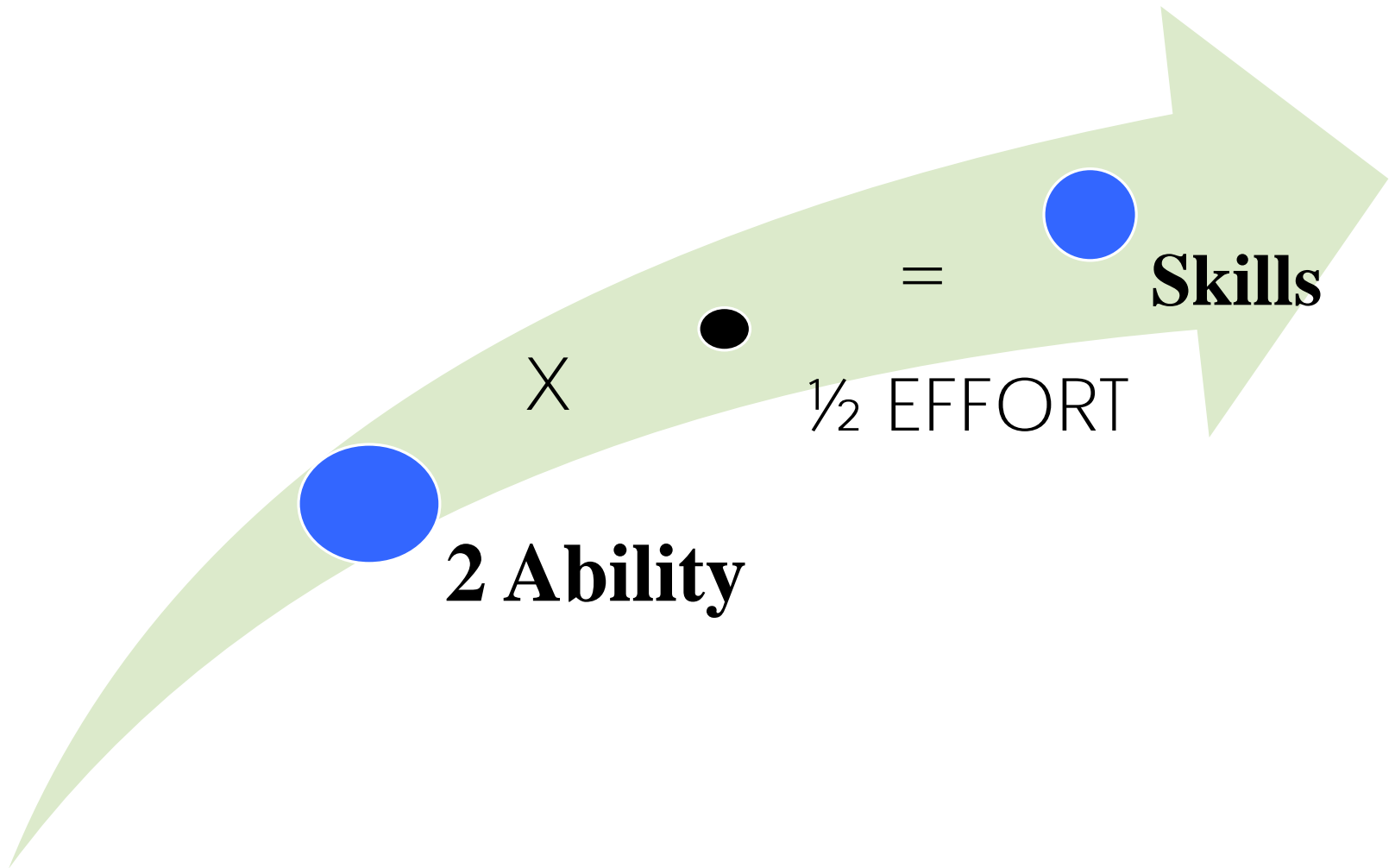
Skills

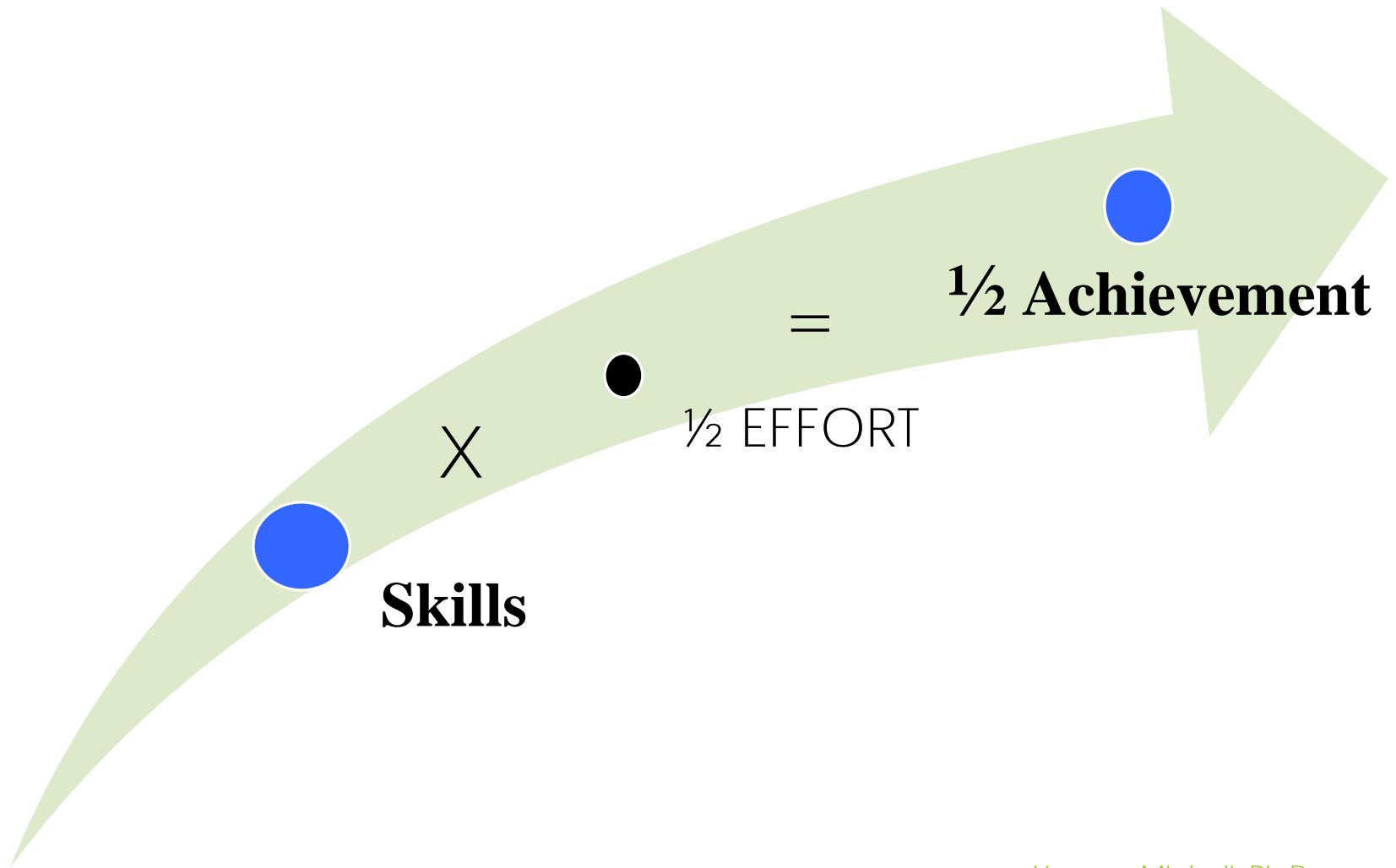
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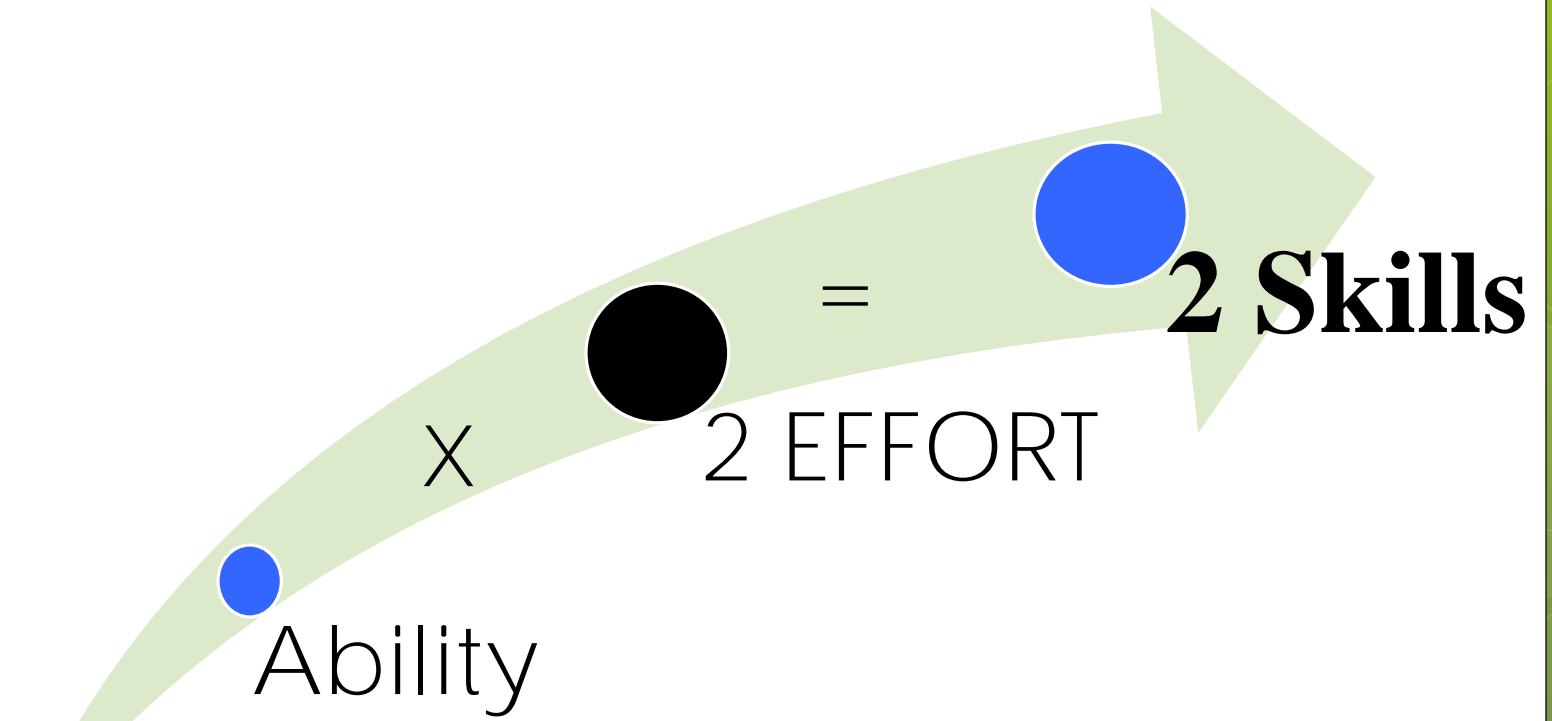
EFFORT

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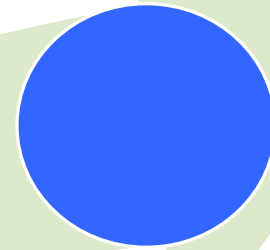
Achievement



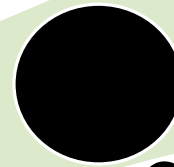




4 Achievement



=



x



2 Skills

2 EFFORT

Blue Barriers to EFFORT

- Lack self-determination skills
- Do not have the words
- Lack of confidence
- Not taking advantage of opportunities

Green Barriers to Effort

- Low expectations
- Dignity of Risk
- Too quick to rescue – Damaging
- Natural consequences
- Learned helplessness - Crippling
- Lack of opportunities provided

OPPORTUNITIES

- Requires a hands-on interaction between **person** and **environment**
- **Green** provide experiences or chances for **blue** to apply and practice the skills of self-determination

Provide access to social networks & more opportunities

Support self-determined behaviors & dignity of risk



Maximize experiences leading to practice of person-specific skills

Promote awareness of self-determination skills

Go Green!

- If a **person** is fortunate enough to link up with a professional – **parent, teacher, counselor or service provider**- who is unwilling to accept the status quo and is willing to create meaningful opportunities, then that person has a higher chance for better life outcomes (Wehmeyer, 2011).

- For others who are not so fortunate, not much has changed in the past 20 years.

(Wehmeyer, 2011)

Green must

- Allow Dignity of Risk
- Provide & maximize opportunities
- Provide feedback to increase awareness of
 - EFFORT
 - Self-determination skills used or missed
- Expand network connections

Izzy & The Donkey



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Ownership goes to the **Blue**

- The **Blue** must understand
 - The vocabulary of nine skills of self-determination
 - Why they are important
 - What they look like
 - Practice using them

Blue must...

- Take advantage of opportunities
- Apply skills of self-determination to increase effort

Provide access to social networks & more opportunities

Support self-determined behaviors & dignity of risk



Maximize experiences leading to practice of person-specific skills

Promote awareness of self-determination skills

Developing SD in Children

- It is an intentional and ongoing process
- Not by chance
- Create opportunities
- Internal motivation
- Dignity of Risk
- Natural Consequences

<https://www.youtube.com/watch?v=9o-M086roe4>

Boyfriend

<https://www.youtube.com/watch?v=tHm7SJhqWuw>

Tie shoes

https://www.youtube.com/watch?v=oVoR_ZMPgVE

Seinfeld

<https://www.youtube.com/watch?v=P0zVPZBykSE>

Bike ride

<https://www.youtube.com/watch?v=EUm-vAOmV1o>

Ormie