

## Core Components of Self Determination

- Choice making- the skill of making a choice between two known options
- Decision making- the skill of choosing among more than two known options
- Problem solving- the skill used when a solution not readily known; decision-making and choice making are part of process
- Goal setting & attainment- the skill of determining how you are going to accomplish what you want (setting the goal, plan for implementation and measuring success).
- Self-regulation(skills include self-observation, self-evaluation; self - reinforcement)- the process of monitoring one's own actions
- Self-instruction- skills that assist the student in using their own verbal prompts for solving problems.
- Self-advocacy- skills necessary to be able to speak up or defend a cause of person.
- Internal locus of control- the belief that one has control over outcomes that are important to life
- Self-efficacy- the conviction that one can successfully execute the behavior required to produce a given outcome.
- Efficacy expectations- the belief that if a specific behavior is performed, it will to lead to anticipated outcomes.
- Self-awareness and self-knowledge- the skills of knowing one's own strengths, weaknesses, abilities and limitation AND knowing how to use these unique attributions to beneficially influence one's own life.