

## Self-Determination Competencies and their Definitions

1. **Choice-making Skills** – Making a choice involves the indication or communication of a preference from among two or more options. Teaching choice-making skills involves teaching students to identify interest and preferences and to appropriately select an option based on those preferences and interests.
2. **Problem-solving Skills** – A problem is a task, activity, or situation for which a solution is not immediately known or attainable. Teaching problem-solving skills involves teaching students to identify and define a problem and to generate potential solutions.
3. **Decision-making Skills** – Decision-making is a process of selecting or coming to a conclusion about which a set of potential solution is the best. Teaching decision-making skills involves teaching students to utilize problem-solving skills.
4. **Goal setting and attainment Skills** – Goal directed behavior involves actions that enable a person to reach a specified preferred outcome. Teaching goal setting and attainment skills involves teaching students to define and articulate a goal, identify current status in relation to the goal, develop an action plan, and evaluate progress toward achieving the goal.
5. **Self-regulation skills** – Self-regulation refers to the human response system that enables individuals to examine their environments and their repertoires of responses, and to revise their strategies as necessary. Teaching self-regulation skills includes teaching students to solve problems or employ self-management strategies (e.g. anger control).
6. **Self-advocacy: self, rights, communication & leadership** – Self-advocacy means to advocate on one's own behalf, while leadership skills are those needed for a person to lead, guide or direct. Teaching self-advocacy and leadership skills involves teaching students about their basic rights and responsibilities (knowledge), how to use self-advocacy skills and how to be effective team members (at an individual and/or system level).
7. **Self-awareness** – Self-awareness or self-knowledge refers to a comprehensive and reasonably accurate knowledge of one's strengths and limitations. Teaching self-knowledge involves teaching students to identify common psychological and physical needs of people, recognize differences among people, and understand how one's actions influence others.
8. **Self-efficacy** – Self-efficacy refers to an individual's belief in his or her ability to successfully engage in a specific behavior within a certain context. Self-efficacy is not usually taught directly, but it may be enhanced through repeated successful experiences in applying the skills/components listed above.

*From the Self-Determination Technical Assistance Centers Project –UNC, Charlotte, NC*