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 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.