

Self-Determination Checklist

Elementary Student Self-Assessment



Student Name: _____

Date: _____

Self-Determination skills help you to know

- yourself*
- your goals*
- supports you need to reach your goals*

Use the following scale to rate the statements below:

3 = almost always/most of the time

2 = sometimes

1 = rarely or never

| <i>Rating</i> | | | |
|---------------|---|---|--|
| 3 | 2 | 1 | I attend my IEP Meetings. |
| 3 | 2 | 1 | At school, my teachers listen to me when I talk about what I want or need. |
| 3 | 2 | 1 | At home, my parents listen to me when I talk about what I want or need. |
| 3 | 2 | 1 | I ask for help when I need it. |
| 3 | 2 | 1 | I know what I need, what I like and what I enjoy doing. |
| 3 | 2 | 1 | I tell others what I need, what I like and what I enjoy doing. |
| 3 | 2 | 1 | I take care of my things (pets, clothes, toys). |
| 3 | 2 | 1 | I make friends with others my age. |
| 3 | 2 | 1 | I make good choices. |
| 3 | 2 | 1 | I believe that working hard at school will help me to get good grades. |

- 1. How can people around you (teachers, family, friends, etc.) help you to know yourself, know what you want and know what kind of help you need to reach your goals?**