



# THE **K****E****Y****S** to SELF DETERMINATION



**Eric Folk, M.Ed**  
University of Hawai'i  
Center on Disability Studies



# The POSTSECONDARY SUPPORT PROJECT \*PSP\*

CENTER ON DISABILITY STUDIES  
UNIVERSITY OF HAWAI'I AT MĀNOA

TRANSITION PROGRAMS FOR STUDENTS WITH INTELLECTUAL DISABILITIES INTO HIGHER  
EDUCATION (CFDA #84.407A)



# POSTSECONDARY SUPPORT PROJECT \*PSP\*

- We work to create Inclusive College Campuses that provide support for people with a variety of abilities and support needs to be successful
- We provide Transition And Postsecondary Support for students with disabilities beyond what is provided by other on-campus support providers



# **PSP MODEL COMPONENTS**

- **SYSTEMS CHANGE**
- **HIGH EXPECTATIONS – SETTING THE BAR HIGH**
- **AN AGENDA FOR SELF-DETERMINATION**
- **PERSON-CENTERED PLANNING (PCP)**
- **AUTHENTICITY - FRONT DOOR-FIRST APPROACH**
- **ADAPTIVE COACHING**



# FRONT DOOR FIRST!

- **Prioritize EXISTING Campus Resources & Supports**
- **Prioritize NATURAL Supports**
- **Prepare Students to Access these Supports**
- **Build Capacity of Existing Supports to SERVE ALL STUDENTS**



# **“ADAPTIVE” EDUCATIONAL COACHING**

- **System Navigation**
- **Executive and Soft Skill Development**
- **Employment Exploration**
- **Self Determination Coaching**
- **Academic Skill Development**
- **Person Centered Planning Partner**





# **“ADAPTIVE” EDUCATIONAL COACHES**

- **INVISIBLE...as Possible**
- **Meet One-on-One with student**
- **Work with Each Student ~3 Hours a Week**
- **Identify Potential Student Needs & Issues**
- **Identify On-Campus Supports & Activities**
- **Coordinate PSP Activities**





# CAMP MĀNOA

**Self Determination Camp**

**On-Campus Training Activities**

**UH Dorms (4 days/3 nights)**

**Independent Living Experience**

**Students with/without disabilities.**

**Partnership with COE**







# THE **K** **E** **Y** **S** to **SELF DETERMINATION**

*This Presentation Made Possible by*

**The Developmental Disabilities Division  
State of Hawai'i Department of Health**

*Mary Brogan, Administrator*



**PACIFIC  
TECHNICAL  
ASSISTANCE  
CENTER ON  
TRANSITION**



# **WHAT is** **SELF DETERMINATION?**



**We were rolling along thinking everyone knew about SD.**

**We were VERY Wrong!**

**So how are our schools/programs/agencies suppose to help people develop SD skills if our colleagues don't know much about SD?**

# What does Determination mean?

**DETERMINE** means to “decide” or “choose.”

**SELF DETERMINATION** is when you have the awareness, skills and power to make the **INFORMED** decisions for yourself and your future.

*Self-Determined people choose their own paths*



# But... What does **THAT** mean?

***DETERMINE* means to *DECIDE* or *CHOOSE*.**

When you are **AWARE** of what YOU want.

When you **DECIDE** to work for what you want.

When you **REGULATE** yourself to WORK for it.

When you **BELIEVE & KNOW** you will succeed.

When you find partners and **ADVOCATE...**

***THAT is SELF DETERMINATION!***



**SELF**

**A R E A**



**SELF**

**AREA**

# **A SELF WARENESS**



**Self Awareness** is key to your development of a self-determined vision of your life.

To make your own decisions and choices...

you will need to know your preferences, strengths, challenges, values, and habits.

# **BUT What does **THAT** mean?**

When you **KNOW** what you **CARE** about.

When you **KNOW** what you **LIKE** and **DISLIKE**.

When you **KNOW** what you are **GOOD** at.

When you **KNOW** what you **NEED HELP** with.

When you **KNOW** how you **AFFECT** others.

**That is **S**ELF AWARENESS**





# **SELF AWARENESS**

Cheesy Saying Warning...

You need to **KNOW** you so...

You can **GROW** you!



# **A SELF TEST**



**What is the Cheesy SELF **A** Saying?**

**What are somethings you need to know about yourself?**

**Share an example of a SELF **A** teachable moment?**

# SELF- **R**REGULATION

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**Self Regulation** is the ability to **manage** one's thoughts, behaviors, and actions appropriately and constructively. Your Self Regulation skills will help you achieve your goals.

**Examples:** Taking care of yourself, getting enough sleep, learning to control your emotions or habits, predicting the effect of your actions/decisions on yourself and others.

# BUT What does **THAT** mean?

*Regulate means to “control” or “manage.”*

When you can control your **HABITS**.

When you can control your **ACTIONS**.

When you can control your **THINKING**.

When you make **SACRIFICES** for your future.

**THAT** is **SELF REGULATION**



# SELF- **E**FFICACY

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A person's belief that he or she can achieve something new based on previous achievements or experiences.

It is like Self Confidence ... but with **PROOF** or **EVIDENCE**

# BUT What does **THAT** mean?

When you PREDICT that you can succeed with something new,  
Because you REMEMBER what you have already achieved.

When you TAKE ACTION because your previous achievements  
or successes give your confidence.

That is **SELF EFFICACY**

Example: I can do **THIS** because I've done **THAT**.



# SELF- **A**DVOCACY



**Achieving our goals may require having the support of others.**

People may need to communicate their visions or request support/partnership to achieve their goals. Self-Advocacy is KEY to a person's ability to find allies and support as he/she works toward identified goals.

**To be an Advocate:** A person needs to develop a voice to express ideas, goals, needs, and to pursue partnership, support, assistance, or opportunities.

# BUT What does **THAT** mean?

When you **think about** what you want or need (Reflection - **A**).

When you **identify** what it will take to be successful (Process-**R**).

When you **decide** what you need & choose to act (Commitment-**E**).

When you **speak up** for yourself (Advocacy/Action – **A**).

When you **use the support** you asked for...

**THAT** is **SELF ADVOCACY.**





**SELF**

**A R E A**



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# THANK YOU!

*For more information:*

***ERIC FOLK (808) 372-8220***

***[cdspsp@hawaii.edu](mailto:cdspsp@hawaii.edu)***