

The **KEYS** to Self Determination



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University of Hawaii at Mānoa*

AGENDA

Who we are...

What We Do...

Why Self Determination...



WHAT is SELF DETERMINATION?





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 Supports Project ***PSP***

- ***PSP ...who we are***
- ***What we do***
- ***Self Determination Discussion***



Postsecondary Supports Project *PSP*

- We Work To Create **Inclusive College Campuses** That Adequately Support 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



THREE PSP PROJECTS

- **Transition program for students with intellectual disabilities (TPSID)- federal grant students with ID**
- **Division of vocational rehabilitation (DVR)- college supports for DVR clients**
- **Developmental disabilities division (DDD)- college supports for DDD consumers**



PSP TPSID

- **Refunded for Federal Grant 2015-2020**
- **Fall 2018 12 students with ID in the project**



PSP DDD

- **PSP – Contract with DDD to Support Consumers**
- **Continuing Year to Year Project**
- **12 Students receiving DDD services**



PSP DVR

- **PSP – State Contract with DVR to provide PSE support for *any* DVR Client**
- **VR Counselor Referred**
- **48 Total VR-referred Students**



PSP PROJECT SITES

UH Mānoa

UH West O'ahu

UH Maui College

Honolulu Community College

Kapi'olani Community College

Leeward Community College

Windward Community College



PSP GUIDING CONCEPTS

INCLUSION

AUTHENTICITY

SUSTAINABILITY



AUTHENTICITY...WHAT'S THAT?

- *The Extent To Which An iPSE Student's Experience
...Is Like Any Other College Student's Experience*
- **Students ARE Matriculating Students**
- **Students Are Expected To Work Toward Their Potential!**
- **"Low-profile" Program And Support Provision**



Who Are The Students We Work With?

- ***First Generation College Students***
- ***Culturally/Ethnically Diverse***
- ***From Families who are dealing with the effects of poverty***
- ***Underprepared for College***
- ***Have a variety of support needs***



PSP MODEL COMPONENTS

- **HIGH EXPECTATIONS – SETTING THE BAR HIGH**
- **FRONT DOOR APPROACH**
- **AN AGENDA FOR SELF-DETERMINATION**
- **PERSON-CENTERED PLANNING (PCP)**
- **“ADAPTIVE” EDUCATIONAL COACHING**

Self Determination Training Initiative



Presented by

The UHM Center on Disability Studies

The Hawaii Developmental

Disabilities Division

This Presentation Made Possible by



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

Mary Brogan, Administrator

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What does Determination mean?

DETERMINE means to decide or choose.

SELF DETERMINATION is when you have the awareness, skills and power to make the right 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 **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- AAWARENESS



People need to know their preferences, strengths, challenges, values and habits in order to develop a self-determined vision for their lives.

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.



SELF- **R**REGULATION



Self-Regulation is a person's ability to manage their thoughts, behaviors, and actions in support of achieving their goals.

Getting to bed at a good hour, making responsible choices, or learning to control one's emotions or habits.

BUT What does **THAT** mean?

Regulate means to control.

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.



SELF- **E**FFICACY



Empowers people to take chances and aim high.

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

BUT What does **THAT mean?**

When you **KNOW** you can do something hard.

When you **REMEMBER** what you have done.

When you **BELIEVE** you will succeed with something new because you **REMEMBER** a similar success you already had.



SELF- ADVOCACY



Informed Self-Advocacy is KEY to a person's ability to find allies and support as he/she works toward identified goals.

A person needs to develop a voice to express ideas, goals, needs, and to request partnership, support, or assistance.

BUT What does **THAT mean?**

When you **know your rights.**

When you **think about what you need.**

When you **decide to ask** for you need

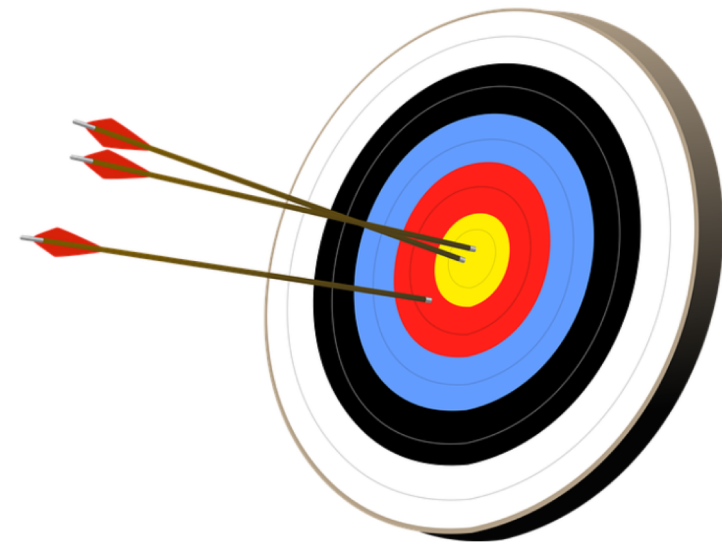
When you **speak up** for yourself.

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

THAT is Self Advocacy.



GOAL SETTING



Goal Setting is a skill that empowers people to identify a goal, make and work on a plan of action, track and review progress, and make adjustments as needed.

A GOAL is a DREAM with a PLAN...
that you will actually DO!

BUT What does **THAT mean?**

When you think about your **DREAMS**,

When you make a **PLAN** to achieve them,

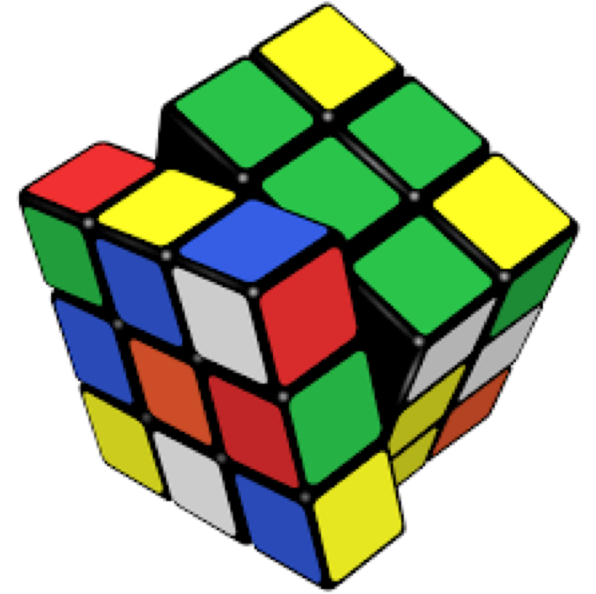
When you **WORK THAT PLAN!**

A GOAL is a DREAM with a PLAN!

That you WILL actually DO!



PROBLEM SOLVING



...is a skill a person needs to **understand** challenges they encounter, **identify** and **consider** possible solutions, and **determine** which way forward.

BUT What does **THAT mean?**

When you **IDENTIFY** a challenge you face.

When you **THINK** about ways of solving it.

When you **DECIDE** what you will do.

When you take **ACTION** to address it.

That is PROBLEM SOLVING



DECISION MAKING



...is a skill that empowers people to **identify** the various options they have, **consider** these options in an informed manner, and **select** the best option/options given the person's goals, life vision, and situation.

BUT What does **THAT mean?**

When you **IDENTIFY** the choices you have.

When you **THINK** about each choice.

When you **DECIDE** which choice is the best.

When you **TAKE ACTION** on your choice.

THAT is Decision Making



The **KEYS** to Self Determination



THANK YOU!

**May we meet your team
or organization to discuss
Self Determination?**

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