Contents

Preface v
Acknowledgments vii

Introduction ▶ 1
Curriculum Overview 1
General Guidelines for Instructors 11
Instructional Accommodations 16
Physical Setting 16
Scheduling 16
Tips, Adaptations, and Activities 18

Orientation: What Is Self-Determination? ▶ 21

Workshop ▶ 29

Session 1: Dreaming To Open Possibilities ▶ 43
Session 2: What Is Important to Me? ▶ 51
Session 3: Creating Options for Long-Term Goals ▶ 57
Session 4: Setting Goals ▶ 63
Session 5: Choosing Short-Term Goals ▶ 69
Session 6: Planning the Steps To Reach a Short-Term Goal ▶ 75
Session 7: Planning Actions for the Steps ▶ 81
Session 8: Taking the First Step ▶ 87
Session 9: Creative Barrier Breaking ▶ 95
Session 10: A Little Help from My Friends ▶ 103
Session 11: A Journey to Self-Determination ▶ 109
Session 12: Assertive Communication I ▶ 115
Session 13: Assertive Communication II ▶ 123
Session 14: Negotiation ▶ 129
Session 15: Conflict Resolution ▶ 135
Session 16: Where Do We Go from Here? ▶ 145

Appendix A: Transparency Masters 151

Appendix B
Self-Determination Knowledge Scale Form A: Pretest 233
Self-Determination Knowledge Scale Form B: Posttest 239
Self-Determination Knowledge Scale Answer Key 245

References 247