

Contents

Preface to the Series vii

CHAPTER 1 The Importance of Self-Determination During Transitions 1

Thinking About Transitions 1

What Is Self-Determination? 1

A Self-Determination Model 2

Characteristics of Self-Determined Individuals 2

Characteristics of Environments That Promote Self-Determination 4

External Supports That Foster Self-Determination 4

Cornerstone Strategies 4

Direct Instruction 5

Academic Coaching 6

Using This Manual 6

CHAPTER 2 Meet the Students 9

Challenges and Opportunities 9

Case Studies—An Introduction 9

Case Study 1: Julia Bates 9

Case Study 2: Marcus Taldon 10

Case Study 3: Whitney Hernandez 10

Case Study 4: Stephen Fitzwilliam III 11

CHAPTER 3 Promoting Self-Determination in Secondary School Settings 13

An Overview of Middle and High School Interventions 13

Case Study 1: Julia Bates 14

Julia's Dreams and Goals 14

Cornerstone Strategies in the Resource Room 15

Direct Instruction on a College Campus 16

Academic Coaching Techniques in the Car 18

Case Study 2: Marcus Taldon 20
 Marcus's Dreams and Goals 20
 Cornerstone Strategies on the Job 21
 Direct Instruction From an Employment Counselor 22
Promoting Self-Determination in High School Students: Pulling It Together 24

CHAPTER 4 Promoting Self-Determination in Postsecondary Students 25

An Overview of Postsecondary Supports 25
Case Study 3: Whitney Hernandez 27
 Whitney's Dreams and Goals 27
 Cornerstone Strategies via Skype 27
 Direct Instruction and Academic Coaching in the DS Office 29
Case Study 4: Stephen Fitzwilliam III 32
 Stephen's Dreams and Goals 33
 Cornerstone Strategies and Course Selection 33
 Direct Instruction From a Roommate 36
*Promoting Self-Determination in Postsecondary Students:
 Pulling It Together* 37

CHAPTER 5 Final Thoughts 39

Can Self-Determination Be Taught? 39
Key Recommendations for Family Members and Professionals 40
 Understand the Challenges to the Promotion of Students' Self-Determination 40
 View Self-Determination as a Developmental Process 41
 Seek Positive Adult Outcomes 41

References 43

Additional Recommended Resources 44