



What do the Core Components of Self-Determination Mean?



- **Choice making:** The skill of making a choice between two known options.
- **Decision making:** The skill of choosing between more than two known options.
- **Problem solving:** The skill used when a solution is not readily known; decision-making and choice making are part of process.
- **Goal setting & attainment:** The skill of determining how you are going to accomplish what you want (setting the goal, plan for implementation and measuring success).
- **Self-regulation (skills include self-observation, self-evaluation, self-reinforcement):** The process of monitoring one's own actions.
- **Self-instruction:** Skills that assist the student in using his own verbal prompts for solving problems.
- **Self-advocacy:** Skills necessary to be able to speak up or defend a cause of person.
- **Internal locus of control:** The belief that one has control over outcomes that are important to life.
- **Self-efficacy:** The conviction that one can successfully execute the behavior required to produce a given outcome.
- **Efficacy expectations:** The belief that if a specific behavior is performed, it will lead to anticipated outcomes.
- **Self-awareness and self-knowledge:** The skills of knowing one's own strengths, weaknesses, abilities, and limitation, and knowing how to use these unique attributions to beneficially influence one's own life.