KEYS TO SUCCESS

Self-Determination

People who are self-determined are self-aware, set goals, make plans, and ask for support when needed.

- **HAVE A “CAN DO” ATTITUDE**
  A “can do” attitude will help you meet your goals.

- **GIVE YOURSELF TIME**
  Take time to learn and develop new skills. Practice and then practice some more!

- **BECOME SELF-AWARE**
  Know your interests, preferences, strengths and challenges. Pay attention to how you feel and respond in different situations.

- **KNOW YOUR OPTIONS**
  Know what your options are and what resources are available.

- **FIND YOUR VOICE**
  Tell people what you want and why it’s important to you.

- **DEVELOP POSITIVE RELATIONSHIPS**
  Develop positive relationships with others and turn to them for support when needed.

- **WORK WITH OTHERS**
  Work with others to come up with solutions to your problems.

- **LISTEN FOR UNDERSTANDING**
  We can come up with the best solutions for everyone when we listen for “why” someone wants something.

- **UNDERSTAND HOW TO MANAGE EMOTIONS & CONFLICT**
  Know what upsets you, identify strategies to help you manage your emotions and conflict.

- **KNOW YOUR RIGHTS AND WHAT’S IN YOUR PLAN**
  Students with disabilities: Learn about your rights and what’s in your plan.

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