

Self-Determination Lesson Plan

Unit 2: Student Toolbox

Lesson 8: My Personal Goals - How Does My Vision Affect My Access to Information?

Unit Goal:

Student will develop a set (toolbox) of strategies to optimize functioning on visual tasks in a variety of settings

Lesson objective(s):

Student is able to express vision strengths and limitations in relation to school, community, and home activities.

Teaching procedures/steps:

Step	Actions	Vocabulary
Anticipatory	Ask the student to think about what his special interests are. What skills might be needed within these special interests?	Personal goal
Introduction	“Sometimes it helps to clarify your personal goals in order to figure out the tools and strategies you will need to accomplish these goals. A personal goal can be short-term, like walking to a friend’s house independently; or, longer-term, like finding a part-time job. In this lesson we will explore these goals and figure out the steps you would need to take, tools and strategies you would need to use, and supports and resources that will help you reach your goals.”	Tools Strategies
Stating the Goal	“This lesson will help you clarify your personal goals related to leisure activities, recreation, school, independent living skills, and/or career pursuits.”	
Instruction	<ol style="list-style-type: none">1. Ask the student to complete #1 on the <i>My Goals</i> worksheet.2. Discuss #2 on the worksheet together.3. Create a document for #3, listing the steps the student would need to take to achieve one or each of the three goals.	Supports

Step	Actions	Vocabulary
	4. Create a document for #4, listing supports and resources to complete the steps listed in #3. Supports and resources may be technology, people, or agencies.	
Check for Understanding	Check to make sure the student's goals are realistic and achievable in a relatively short amount of time.	
Closure	"Today we've selected 3 goals you would like to work on (restate the goals). You have identified supports and resources to help you reach these 3 goals. For our next few lessons we will start taking the steps necessary to help you achieve your goals."	

Rationale:

The intent of this lesson is to get the student to think about setting goals and learning the visual strategies and/or accommodations he might need to achieve these goals. The assumption is that learning the skills needed to accomplish one's goals contributes to self-determination. Goals may be short term, such as walking unassisted to a friend's house or preparing a meal; goals may be longer term, such as something related to work, or going to college. A standard interest inventory may help the process of figuring out the students interests, which could then be followed by a conversation about goal setting.

Materials:

- *My Goals* worksheet

Resources:

Look for interest inventories on Pinterest (<https://www.pinterest.com/explore/student-interest-inventory/>)

Look for student goal setting worksheets on Pinterest (<https://www.pinterest.com/wileyteaching/goal-setting/>)