

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.

