

# What is Self-Determination?

If you ask 10 people what Self-Determination means, you would get 10 different answers. Everybody seems to have a slightly different definition of what it means to them.

But actually, Self-Determination means that a person makes his or her own decisions, and takes responsibility for the decisions he or she makes.

It is about being in charge, but is not necessarily the same thing as self-sufficiency or independence. It means making your own choices, learning to effectively solve problems, and taking control and responsibility for one's life.

The other way to define self determination is “Knowing what you want and being able to get it.”

## Why Practice Self Determination

Self-determined people exhibit a set of characteristics that enable them to fulfill roles typically associated with adulthood.

- Awareness of personal preferences, interests, strengths, and limitations.
- Ability to differentiate between wants and needs.
- Ability to make choices based on preferences, interests, wants and needs.
- Ability to consider multiple options and to anticipate consequences for decisions.
- Ability to initiate and take action when needed.
- Ability to evaluate decisions based on the outcomes of previous decisions and to revise future decisions accordingly.
- Ability to set and work toward goals.
- Problem solving skills
- A striving for independence while recognizing interdependence with others.
- Self-advocacy skills.
- Independent performance and adjustment skills.
- Persistence.
- Ability to use communication skills such as negotiation, compromise, and persuasion to reach goals.
- Ability to assume responsibility for actions and decisions.
- Self-confidence.
- Pride.
- Creativity.

As you would have understood by now Self determination is a combination of skills, knowledge and beliefs that enable a person to engage in goal-directed, self-regulated, autonomous behavior. When acting on the basis of these skills and attitudes, individuals have greater ability to take control of their lives and assume the role of successful adults in society.

### ***The KAVPAE Framework for Self Determination***

**K**now Yourself

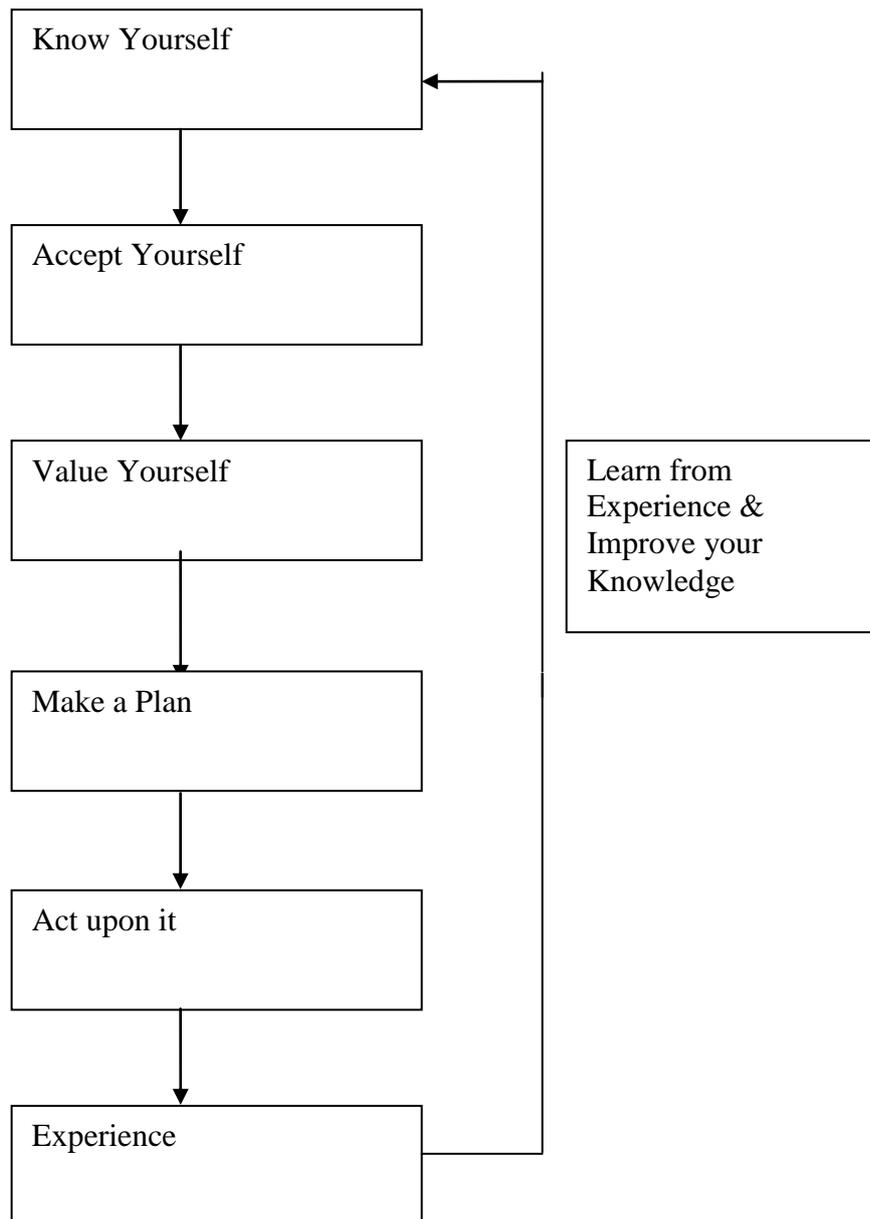
**A**cept Yourself

**V**ALUE Yourself

Make a **P**lan

**A**ct upon it.

**E**xperience & Learn



The framework suggests that one has the right to **live how we want and decide what is best for his/her own life. One can make decision for himself/herself. But for this one needs to aware of self.**

The framework also suggests that one has complete control over his/her life. One has the right to direct his/her life and live the way he/she wants... just like anyone else. **Remember the great saying “Nothing about us, without us!”**

**One should take responsibility for one’s own action. That also means to accept the consequences... these may be good or bad.**

### **What does the framework tell you:**

- **Learn who you are, what you want and how to make it happen. (This is a lifelong process.)**
- **Have the determination (or drive) to do things for yourself.**
- **Set Personal goals.**
- **Know when to ask for help.**
- **Have the courage to dream big and go after your dreams.**

### **How to improve determination:**

- ▶ **Realize you have the freedom to go wrong. (Do mistakes).Do not be afraid to go wrong.**
- ▶ **Nurture Yourself.**
- ▶ **Focus on effort not results, especially when results do not go your way.**
- ▶ **Delay Gratification. Do not expect results immediately. Do not quit.**
- ▶ **Become ambitious for yourself.**
- ▶ **Overcome Fear.**
- ▶ **Be a “do”er.**
- ▶ **Re-do if necessary.**

### **Final Word :**

**Self-Determination looks at the big, overall picture of your life. It’s about empowering ourselves and others to make a difference. For me, that means living my life and having a career like anyone else. Go out and let people know you are no different than anybody else, and you can do whatever you put your mind to.”**

**By: NTC Team**

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