



Self-Directed IEPs

What does Self-Directed mean?

Your IEP (Individualized Education Program) is like a roadmap for planning your life after high school. It shows where you want to be and how you are going to get there. Paying attention to what is in your IEP is how you can make sure that you learn the skills in high school you need to live the life you want to live after high school.

Having a self-directed IEP means that you are the one taking the leadership role in the IEP meeting. Special education law **REQUIRES** that you are a participant in some way in planning your IEP.

Ways to be involved in your IEP meeting

- ✓ Help schedule the day/time of the meeting
- ✓ Invite people important to your life to the meeting
- ✓ Help decide the meeting agenda
- ✓ Plan what you will ask / tell the IEP team
- ✓ Share what you are good at, and what you need help with
- ✓ Draft goals for yourself
- ✓ Ask questions about things you do not understand
- ✓ Respectfully advocate for things you need
- ✓ Respect and listen to input from other IEP team members
- ✓ Thank your IEP team members.



Supports for Self-Directed IEPs

- ✓ **STUDENTS** – Your input is invaluable. Speak up. Help make decisions. Take a role in planning for your future. Practicing these leadership skills in your IEP meetings will help you be successful in jobs, college, trade school, volunteering, etc.

Tell your IEP Team:

- ✓ **Your preferences**
- ✓ **Your vision for the future**
- ✓ **What you can do**
- ✓ **What you need help with**
- ✓ **What you already have achieved**
- ✓ **What you hope to achieve**



Remember the IEP meeting is about YOU and YOUR LIFE!

Make sure to check these student goal planning webpages out:

www.imdetermined.org/quick-links/goal-plan

www.onetonline.org

www.mynextmove.org/explore/ip

www.careerwise.minnstate.edu/careers/clusterSurvey

www.vawizard.org/wizard/careersAssess

PEATC - Serving All of Virginia– 800-869-6752 – www.peatc.org



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