ARD Meetings

an opportunity for self-determination and self-advocacy
What is self-determination and self-advocacy?

Self-Determination

- autonomous
- self-regulated
- psychologically empowered
- self-realized

-easy definition: having the confidence and ability to make decisions for one’s life

Self-advocacy

- self-knowledge
- knowledge of rights and responsibilities
- communication

-easy definition: knowing what he or she needs and how to get it

http://www.imdetermined.org/resources/detail/self_determination_means_oc
Why is self-determination and self-advocacy important?

There is no special education outside the school walls

Your child must act independently and advocate for needs in:

- education
- community
- workplace
- recreation

https://www.youtube.com/watch?v=s0zrX_0Iiuo
How the ARD meeting helps develop these skills

ARD meetings should discuss your child’s:

1) preferences, interests, needs and strengths
2) goals for the future
3) steps to meeting the goals
How the ARD meeting helps develop these skills

What your child can learn:

1) more about his or her disability,
2) rights
3) goals
4) accommodations
How the ARD meeting helps develop these skills

What your child will practice:

1) communication skills
2) problem solving
3) self-achievement
Ways can your child participate in the ARD meeting

Early age
- introduce everyone
- discuss self
- talk about likes and dislikes

Older
- talk more in depth about self
- discuss goals for the future and needs for reaching them

Transition age (>14)
- discuss in more detail self, goals and needs for reaching goals

http://www.imdetermined.org/quick_links/student_involvement/
How to prepare your child

http://dc-transition_guide.frameweld.com/page/studentled_iep_toolkit_introduction_
Resources

http://www.ou.edu/education/centers-and-partnerships/zarrow.html

http://www.imdetermined.org/

Zarrow Center for Learning Enrichment

http://www.ou.edu/education/centers-and-partnerships/zarrow.html