

**Self Determination
ME! Scale**

Directions: *Select the answer that best relates to you. Underline or bold your response.*

1. I know I am in special education.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
2. I have a disability.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
3. I have an IEP.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
4. I have IEP goals.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
5. I know my IEP goals.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
6. I (or my parents) have a copy of my IEP.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
7. I know what accommodations are.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
8. I can tell my teachers about accommodations I need in class.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
9. I feel good about my future.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
10. People with disabilities go to college.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
11. I can explain to others how my disability impacts my school work.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
12. I am comfortable telling others about my disability.
 - a. Yes
 - b. I think
 - c. Not sure
 - d. No
13. People with disabilities get good jobs after high school.
 - a. Yes
 - b. I think
 - c. Not sure

14. List 3 things you are good at when you are at school.

1.

2.

3.

15. List 3 things you need help with when you are at school.

1.

2.

3.

16. List 3 things you are good at when you are somewhere other than school.

1.

2.

3.

17. List 3 things you need help with when you are somewhere other than school.

1.

2.

3.

18. The most important thing in my life is: