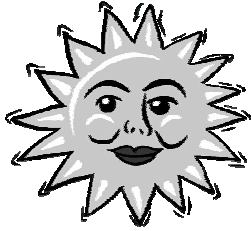


Introduction to Self-Direction



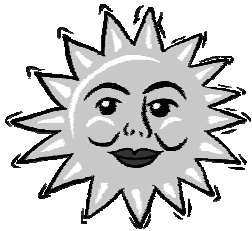
Module 1 (Part B) Making Choices and Planning

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Virginia Commonwealth University

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Introduction to Self-Direction



Module 1 (Part B) Making Choices and Planning

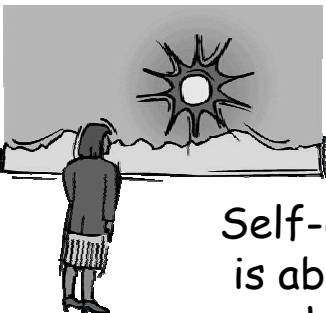


DREAMING

CHOOSING



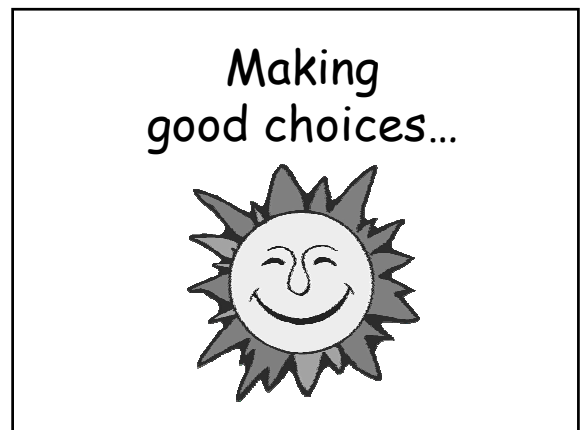
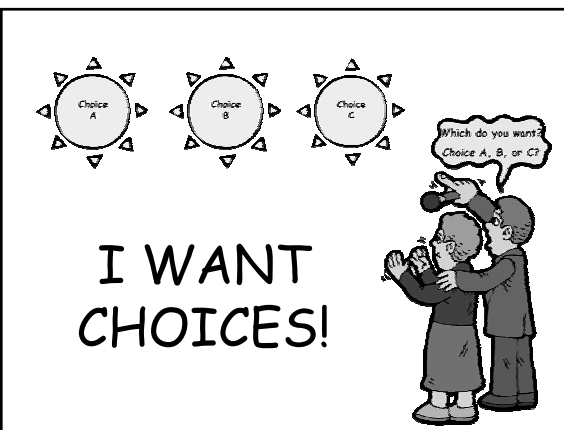
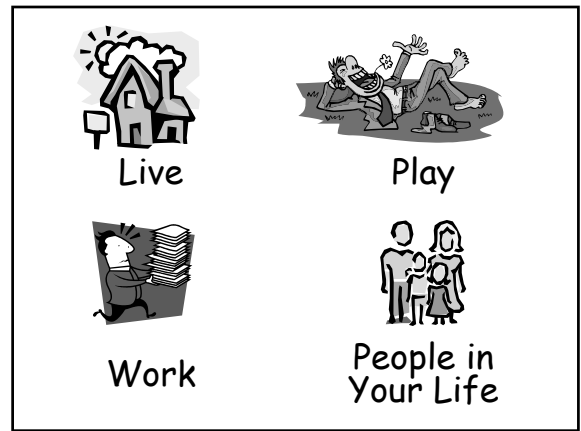
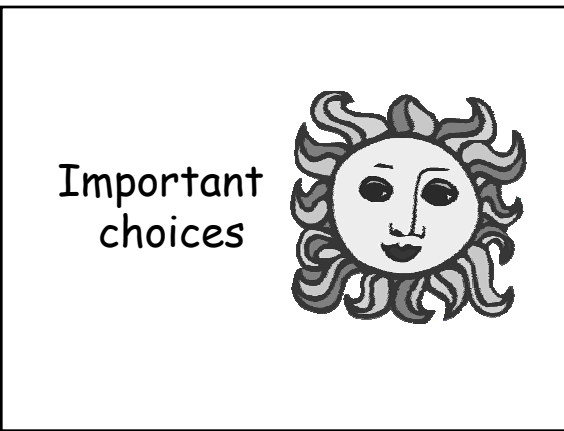
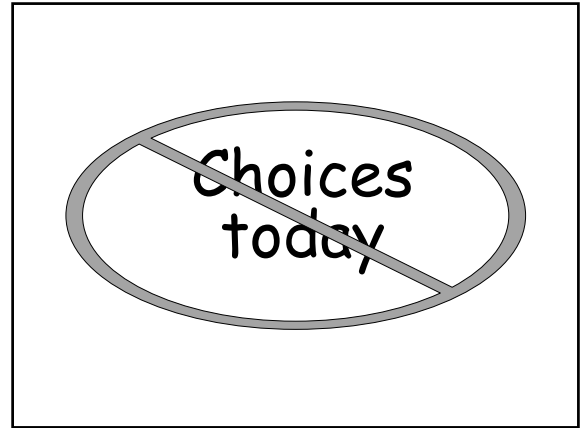
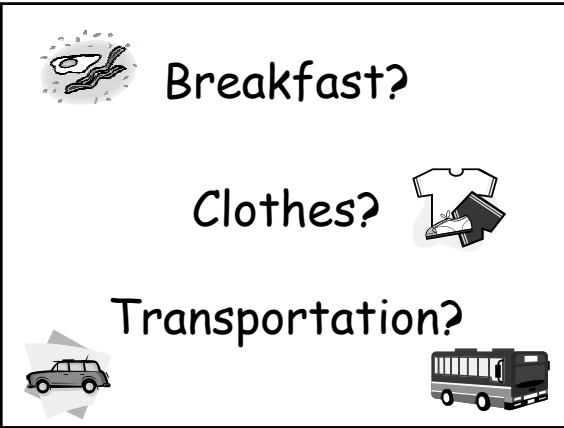
PLANNING

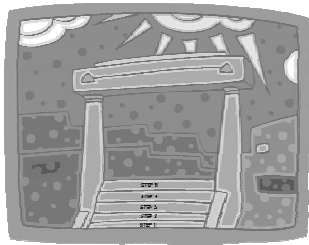


Self-direction
is about your
choices.

We make choices everyday.

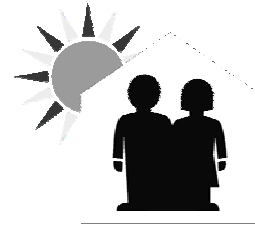






Activity #1

What are the
steps?



Getting help to make
good choices

Self-
direction
is about
you
making a
plan.

My Dreams

- 1.
- 2.
- 3.
- 4.
- 5.

My Choices

- 1.
- 2.
- 3.
- 4.
- 5.

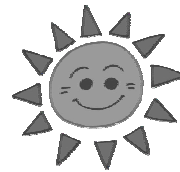
Family



Case Manager



Sharing your
dreams
and choices



Friends



What have we
learned?



Share your thoughts
with us...



1. What is one thing you learned about self-direction?
2. What are some choices you make in life?
3. What are some choices that you don't make for yourself?
4. Who are the people who could help you make choices and a plan?
5. What more do you want to know about self-direction?