



AIR-B NEWSLETTER

December 2023



AIR-B NETWORK

- ★ **OUR WEBSITE!** To learn more about AIR-B projects, visit us at: www.airbnetwork.org
- ★ **QUARTERLY NEWSLETTER!** If you would like to subscribe, please email cogarcia@mednet.ucla.edu. Digital copies will be available on our AIR-B website!



WE ARE A TEAM OF RESEARCHERS COLLABORATING WITH COMMUNITIES TO IMPROVE THE LIVES OF INDIVIDUALS WITH AUTISM THROUGHOUT THEIR LIFESPAN, EMPHASIZING INCLUSION FOR THOSE TRADITIONALLY MARGINALIZED AND MINORITIZED.



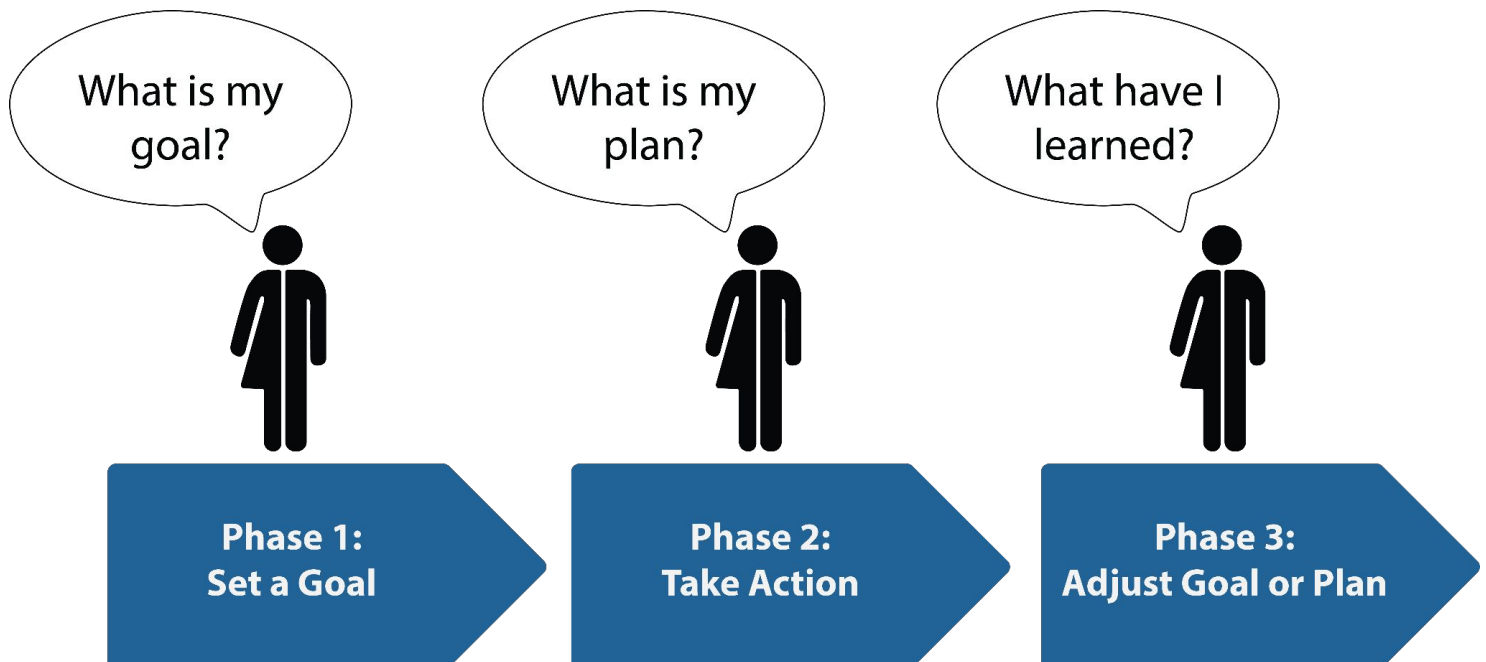
PAVING THE WAY TO SELF-DETERMINATION

Self-determination means being able to make things happen in your life to achieve your own goals. SDLMI, or the Self-Determined Learning Model of Instruction, is a teaching method that empowers students with autism to set their own goals, make plans, and track their progress.



This three-step process not only teaches students essential life skills but also helps them learn how to lead, self-direct, and take charge of their learning.

HOW SDLMI WORKS





SELF-DETERMINED LEARNING FOR STUDENT SUCCESS

IMPORTANCE OF SELF-DETERMINATION:

SDLMI offers an evidence-based and successful approach to teaching abilities and skills associated with self-determination which can lead to success in school and post-secondary life.



Self-determination is the ability to set and achieve goals in your life. And it involves learning skills like setting goals, solving problems, and making decisions.



TESTED AND SUPPORTED BY EVIDENCE:

SDLMI has been tested in different settings, like schools, homes, and the community, and it works for students with various needs. Studies have shown that SDLMI helps students become more self-determined, do better in school, and achieve their transition goals, like finding a job and being part of the community.

RELEVANT TO DIVERSE STUDENTS:

It's also important to note that students with autism from diverse backgrounds who face additional barriers often score lower in self-determination. There's a need to help these students become more self-determined and have greater opportunities for support and success in their goals.



RESOURCES

For more information on Self-Determined Learning Model of Instruction, visit :
<https://selfdetermination.ku.edu/homepage/intervention/#sdlmi>

Or use the QR code below:



SDLMI STATS

Overall SDLMI STATS:



100s

of special/general
education teachers
trained all over the US
and worldwide.



30+

empirical, research
studies impacting
thousands of students
in K-12 education.



800+

research and/or
practice peer reviewed
articles have
referenced SDLMI.

Just in AIRB 4 Alone:



29

Schools



70

Teachers

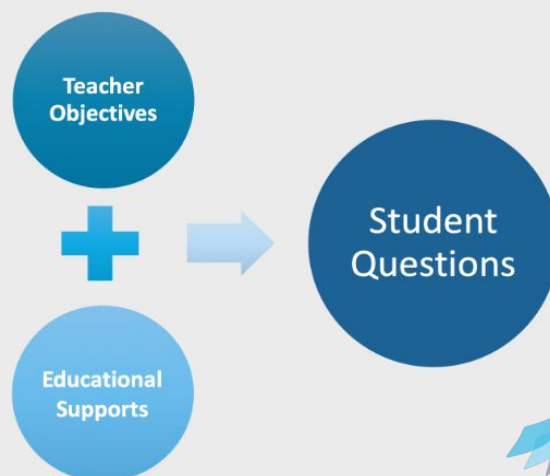


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Students

HOW IS THE SDLMI USED?

- In each phase, **Student Questions** guide students in solving the overall problem of each phase.
- Each **Teacher Objective** provides a roadmap for teachers supporting students to answer the Student Questions.
- Teachers use **Educational Supports** to provide instruction to answer Student Questions.



Life Span Institute

**Kansas University Center on
Developmental Disabilities**

While all students benefit from SDLMI, students with developmental differences show greater improvements in self-determination and achieving goals.



COMMUNITY UPDATES



Charles Leroy Lowman Special Ed & Career Transition Center

Lowman CTC offers job training and classes for students between 18 and 22 who are on the alternate curriculum. They aim to help each student reach their full potential and succeed in their adult life by making them more independent, teaching them job skills, getting them ready for adulthood, and showing them how to use support services.

For more info, please visit: <https://charleslowman.lausd.org/>

LOWMAN CTC SPRING SALE 2023 - by the Work-Based Learning program



Growing Skills: Students who participate in the Work-Based Learning program receive direct instruction on transferable skills and experiences that will prepare them to succeed in competitive employment.

Giving Back to the Community: Profits of the sale also go back to the schools, used as additional funding for the Work-Based Learning program or other strands.



“Self-Determination is like telling yourself do something and it's your own will making you do it, not someone else telling you.”

—— Student with a disability, High School



COMMUNITY UPDATES



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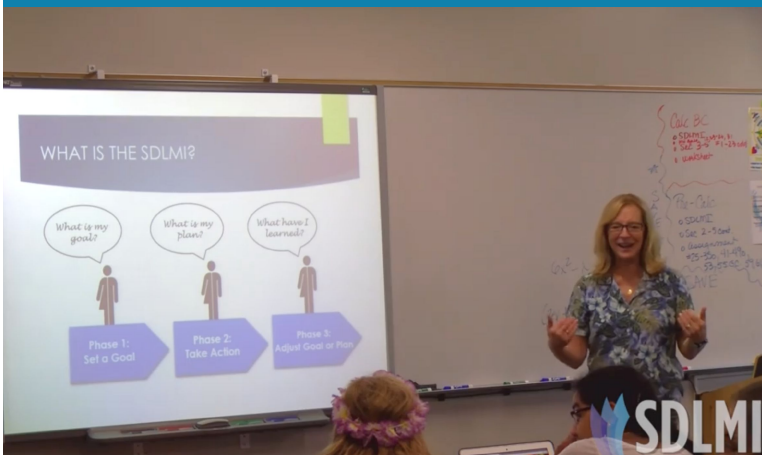
**Kansas University Center on
Developmental Disabilities**



"I think it's [SDLMI] helped me in the sense that it allowed my teacher to individualize the learning a little more because she's able to know what works well for us... She's adjusting it so that it fits our needs."

——— *Student, High School*

SDLMI IN ACTION:



Teacher Implementing SDLMI (Whole Class)



Transition Planning – Preliminary Conversation Phase



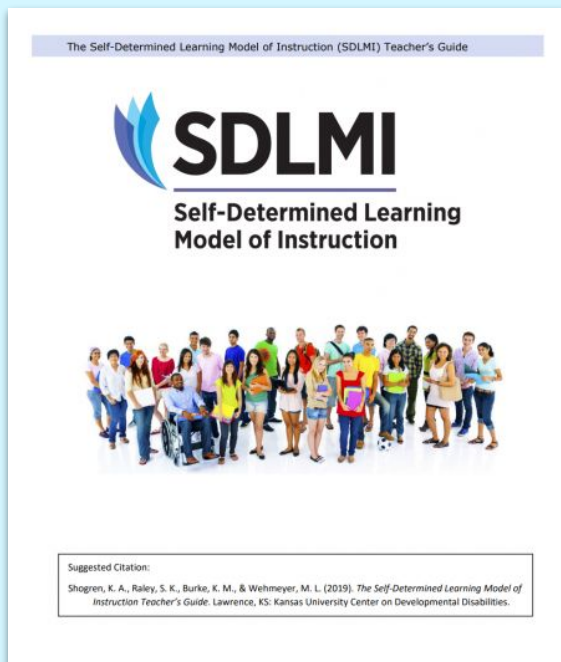
"This past semester I have supported my general and special education colleagues in using the SDLMI with their students because I feel like this model of teaching should be used in all classes. Through skills associated with self-determination, I see general and special education teachers finding common ground and making the connection that self-determination is the key to positively impacting all students' outcomes. After using the SDLMI for three years now I am sold on it."

——— *Teacher*



Autism Intervention Research Network On Behavioral Health

TEACHER'S GUIDE:



The KUCDD SDLMI Teacher's Guide explains the Self-Determined Learning Model of Instruction (SDLMI) and how teachers and school staff can help all students:

- Learn problem-solving skills to set and achieve goals.
- Choose important goals in different subjects.
- Make progress in those subjects.
- Do better in school and after school.
- Gain more independence.

Life Span Institute

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Developmental Disabilities**

[DOWNLOAD HERE](#)

UPCOMING / CURRENT EVENTS

- Next newsletter will cover Building Better Bridges.



Part of AIR-B III, the Building Better Bridges program helps kids with autism transition in schools.



- AIR-B Community Conference - March 8th 2024

