

NEW MEXICO 4-H

Aggie Next Step

Self-Determination

Who Am I?



Post Secondary Pathways



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Self-Determination – Who Am I?

INTRODUCTION

Understanding yourself is the first step toward making important life decisions. This lesson helps participants define self-determination, explore personal interests and values, and build the skills to set goals, make confident choices, and connect their strengths with future career paths.

SET UP

Review lesson materials and determine which worksheets and handouts you will use for the lesson. Print enough pre/post assessments, worksheets, and handouts for each participant.

ACTIVITY

1. Begin by having participants complete *Pre-assessment*.
2. Guide a group discussion using these questions:
 Q: *What is "determination"?*
 Q: *What qualities help someone be determined?*
3. Distribute *Self-Determination Defined* and have volunteers read aloud. Then distribute *Elements of I'm Determined* and discuss how these elements relate to the qualities shared. The worksheet can be completed individually, in small groups, or as a class.
 Q: *Why is self-determination important?*
 Q: *How will self-determination help your transition to high school and beyond?*
4. Introduce the next activity: *Now we're going to focus on learning more about YOU—your goals, values, and how you learn and work best.*
5. Facilitate a group discussion using the following questions.
 Q. *How often are you asked, "What do you want to be?"*
 Q. *What process did you use in choosing your career interest?*
 Q. *What should we consider when making such important decisions?*
6. Distribute the *ANS Who Am I Self-Discovery Worksheet* and allow enough time for participants to complete the worksheet.

Supplies

- Worksheets
- Handouts
- Pens/Pencils

OUTCOMES

Students will be able to:

- **Define** self-determination and explain its importance.
- **Identify** personal interests, goals, and values that influence life decisions.
- **Recognize** how self-awareness contributes to strong decision-making.
- **Identify** personal interests and values to guide future choices.
- **Match** strengths and goals with possible careers and education paths.





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7. Ask follow-up questions:

Q: What's something new you discovered about yourself?

Q: How can your answers help you when making life decisions?

Q: How do we find the answers to those big life questions?

8. Ask volunteers to share one of their personal responsibilities and identify its source. Try to touch on all 8 sources through class responses.

9. Wrap-up: *Today, you built awareness of your strengths and learned what it means to direct your own path. Keep these tools in mind as you set goals, speak up for yourself, and shape your future.*

10. *Exit Ticket* – depending on time, this can be done as a class discussion, or students can complete the worksheet in class, as homework, or in the following class.

11. Have participants complete *Post-assessment*.

WRAP UP

Self-determination and self-awareness are the foundation of confident decision-making and personal success. By understanding who you are and what matters to you, you gain the power to speak up, set goals, and pursue a future that aligns with your values and strengths.



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RESOURCES

NM Standards:

NM PED Standards: Career and Technical Education (CTE):

CTE 2.1.1: Select and employ appropriate reading and communication strategies

CTE 2.1.9: Listen to and speak with diverse individuals to enhance communication skills

CTE 9.1.1: Identify and demonstrate the use of positive work behaviors and personal qualities to be employable

Common Career Technical Core (CCTC) Standards: Career Ready Practices (CRP):

CRP-4. Communicate clearly, effectively, and with reason

Optional ELA Alignment (Grades 6-12)

SL1: Participate in a range of conversations and collaborations

Video Resources:

Note: Please preview all videos before showing them to students to ensure they are age-appropriate, relevant, and aligned with your classroom needs.

Self-Determination Theory (Explained in 3 Minutes) (2:33)

<https://www.youtube.com/watch?v=T2y2KaoItgE>



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