

# AIR Self-Determination Scale®

## STUDENT FORM

Student's Name \_\_\_\_\_ Date \_\_\_\_\_

School Name \_\_\_\_\_ Your Grade \_\_\_\_\_

Your Date of Birth \_\_\_\_\_  
Month Day Year

### HOW TO FILL OUT THIS FORM

Please answer these questions about how you go about getting what you want or need. This may occur at school, or after school, or it could be related to your friends, your family, or a job or hobby you have.

**This is not a Test.** There are no right or wrong answers. The questions will help you learn about what you do well and where you may need help.

**Goal** You may not be sure what some of the words in the questions mean. For example, the word **goal** is used a lot. A **goal is something you want to get or achieve**, either now or next week or in the distant future, like when you are an adult. You can have many different kinds of goals. You could have a goal that has to do with school (like getting a good grade on a test or graduating from high school). You could have a goal of saving money to buy something (a new iPod® or new sneakers), or doing better in sports (getting on the basketball team). Each person's goals are different because each person has different things that they want or need or that they are good at.

**Plan** Another word that is used in some of the questions is **plan**. A **plan is the way you decide to meet your goal, or the steps you need to take in order to get what you want or need**. Like goals, you can have many different kinds of plans. An example of a plan to meet the goal of getting on the basketball team would be: to get better by shooting more baskets at home after school, to play basketball with friends on the weekend, to listen to the coach when the team practices, and to watch the pros play basketball on TV.

The AIR Self-Determination Scale was developed by the American Institutes for Research (AIR), in collaboration with Teachers College, Columbia University, with funding from the U.S. Department of Education, Office of Special Education Programs (OSEP), under Cooperative Agreement HO23J200005

## HOW TO MARK YOUR ANSWERS

### EXAMPLE QUESTION:

I check for errors after completing a project.

### EXAMPLE ANSWER:

Circle the number of the answer which tells what you are most like:  
(Circle **ONLY ONE** number).

- 1 **Never**.....student **never** checks for errors.
- 2 **Almost Never**.....student **almost never** checks for errors.
- 3 **Sometimes**.....student **sometimes** checks for errors.
- 4 **Almost Always**.....student **almost always** checks for errors.
- 5 **Always**.....student **always** checks for errors.

## REMEMBER

<b>There are NO right or wrong answers.</b>
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This will not affect your grade. So please think about each question carefully before you circle your answer.

## THINGS I DO

1. I know what I need, what I like, and what I'm good at.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
2. I set goals to get what I want or need. I think about what I am good at when I do this.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
Things I Do – Total Items 1 + 2					
3. I figure out how to meet my goals. I make plans and decide what I should do.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
4. I begin working on my plans to meet my goals as soon as possible.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
Things I Do – Total Items 3 + 4					
5. I check how I'm doing when I'm working on my plan. If I need to, I ask others what they think of how I'm doing.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
6. If my plan doesn't work, I try another one to meet my goals.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
Things I Do – Total Items 5 + 6					

Please go on to the next page ⇒

## HOW I FEEL

1. I feel good about what I like, what I want, and what I need to do.	Never <input type="checkbox"/> <b>1</b>	Almost Never <input type="checkbox"/> <b>2</b>	Sometimes <input type="checkbox"/> <b>3</b>	Almost Always <input type="checkbox"/> <b>4</b>	Always <input type="checkbox"/> <b>5</b>
2. I believe that I can set goals to get what I want.	Never <input type="checkbox"/> <b>1</b>	Almost Never <input type="checkbox"/> <b>2</b>	Sometimes <input type="checkbox"/> <b>3</b>	Almost Always <input type="checkbox"/> <b>4</b>	Always <input type="checkbox"/> <b>5</b>
How I Feel – Total Items 1 + 2					
3. I like to make plans to meet my goals.	Never <input type="checkbox"/> <b>1</b>	Almost Never <input type="checkbox"/> <b>2</b>	Sometimes <input type="checkbox"/> <b>3</b>	Almost Always <input type="checkbox"/> <b>4</b>	Always <input type="checkbox"/> <b>5</b>
4. I like to begin working on my plans right away.	Never <input type="checkbox"/> <b>1</b>	Almost Never <input type="checkbox"/> <b>2</b>	Sometimes <input type="checkbox"/> <b>3</b>	Almost Always <input type="checkbox"/> <b>4</b>	Always <input type="checkbox"/> <b>5</b>
How I Feel – Total Items 3 + 4					
5. I like to check on how well I'm doing in meeting my goals.	Never <input type="checkbox"/> <b>1</b>	Almost Never <input type="checkbox"/> <b>2</b>	Sometimes <input type="checkbox"/> <b>3</b>	Almost Always <input type="checkbox"/> <b>4</b>	Always <input type="checkbox"/> <b>5</b>
6. I am willing to try another way if it helps me to meet my goals.	Never <input type="checkbox"/> <b>1</b>	Almost Never <input type="checkbox"/> <b>2</b>	Sometimes <input type="checkbox"/> <b>3</b>	Almost Always <input type="checkbox"/> <b>4</b>	Always <input type="checkbox"/> <b>5</b>
How I Feel – Total Items 5 + 6					

Please go on to the next page ⇒

## WHAT HAPPENS AT SCHOOL

1. People at school listen to me when I talk about what I want, what I need, or what I'm good at.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
2. People at school let me know that I can set my own goals to get what I want or need.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
What Happens at School – Total Items 1 + 2					
3. At school, I have learned how to make plans to meet my goals and to feel good about them.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
4. People at school encourage me to start working on my plans right away.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
What Happens at School – Total Items 3 + 4					
5. I have someone at school who can tell me if I am meeting my goals.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
6. People at school understand when I have to change my plan to meet my goals. They offer advice and encourage me when I'm doing this.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
What Happens at School – Total Items 5 + 6					

Please go on to the next page ⇒

## WHAT HAPPENS AT HOME

1. People at home listen to me when I talk about what I want, what I need, or what I'm good at.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
2. People at home let me know that I can set my own goals to get what I want or need.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
What Happens at Home – Total Items 1 + 2					
3. At home, I have learned how to make plans to meet my goals and to feel good about them.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
4. People at home encourage me to start working on my plans right away.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
What Happens at Home – Total Items 3 + 4					
5. I have someone at home who can tell me if I am meeting my goals.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
6. People at home understand when I have to change my plan to meet my goals. They offer advice and encourage me when I'm doing this.	Never <input type="checkbox"/> 1	Almost Never <input type="checkbox"/> 2	Sometimes <input type="checkbox"/> 3	Almost Always <input type="checkbox"/> 4	Always <input type="checkbox"/> 5
What Happens at Home – Total Items 5 + 6					

Please go on to the next page ⇒

**PLEASE WRITE YOUR ANSWERS TO THE FOLLOWING QUESTIONS...**

Give an example of a goal you are working on.

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What are you doing to reach this goal?

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How well are you doing in reaching this goal?

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**THANK YOU!**

## The AIR Self-Determination Profile Student Form

Items	Think	Do	Adjust	Think	Do	Adjust
	1-2	3-4	5-6	1-2	3-4	5-6
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
0						

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Things I Do

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How I Feel

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Items	Think	Do	Adjust	Think	Do	Adjust
	1-2	3-4	5-6	1-2	3-4	5-6
10						
9						
8						
7						
6						
5						
4						
3						
2						
1						
0						

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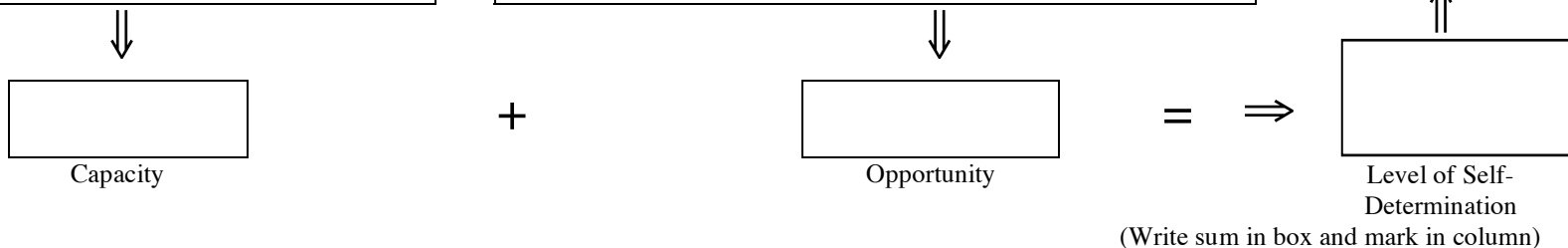
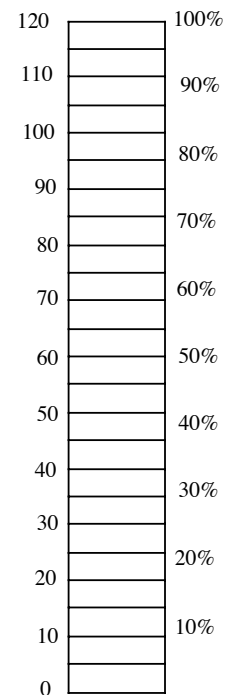
What Happens at  
School

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What Happens at  
Home

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Name \_\_\_\_\_ Date \_\_\_\_\_