

Goal Attainment and Quality of Life through Inclusive College for Individuals with Intellectual Disability

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**Something
I've
learned...**



Key Takeaway

- Self-determined goal setting and monitoring
- College environments supportive of participant voice

Why Important?

TIME



RESOURCES



College Access for Students with Intellectual Disability (ID)



The Academy

- 4-year college inclusion program developed for transition-age young adults with IDD

Need

- Academy Objectives
- Research Objectives

Research Questions

R1: How does participation in the Academy affect goal attainment?

R2: Is quality of life maintained after program exit?

R3: How does participation in the Academy affect quality of life?

Participants

- 14 participants, ages 18-26
- 2 campuses
- Some participate for multiple years
- 1st – 4th year students
- 2 Academy graduates
- Identified as having intellectual disability

Method: Mixed-method, exploratory

Schedule

- **Phase 1:** September
- **Phase 2:** January/February
- **Phase 3:** April/May

Activities

- Goal setting interview; goal attainment scaling (GAS)
- Goal progress interview; GAS; and quality of life rating scale
- Goal progress interview and GAS

Quality of Life Domains

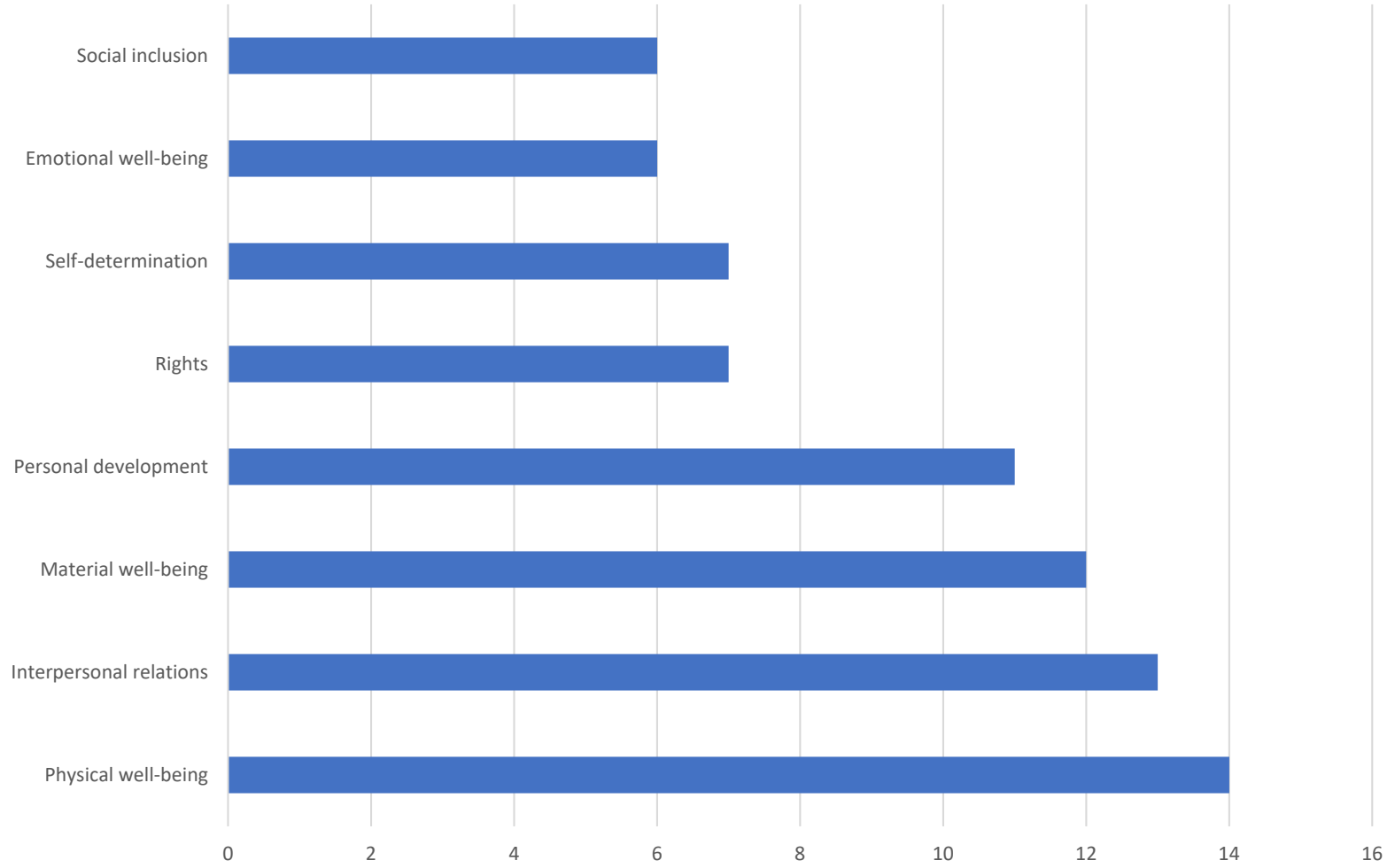
- Emotional well-being
- Interpersonal relations
- Material well-being
- Personal development
- Physical well-being
- Social inclusion
- Self-determination
- Rights

Tools and Frameworks

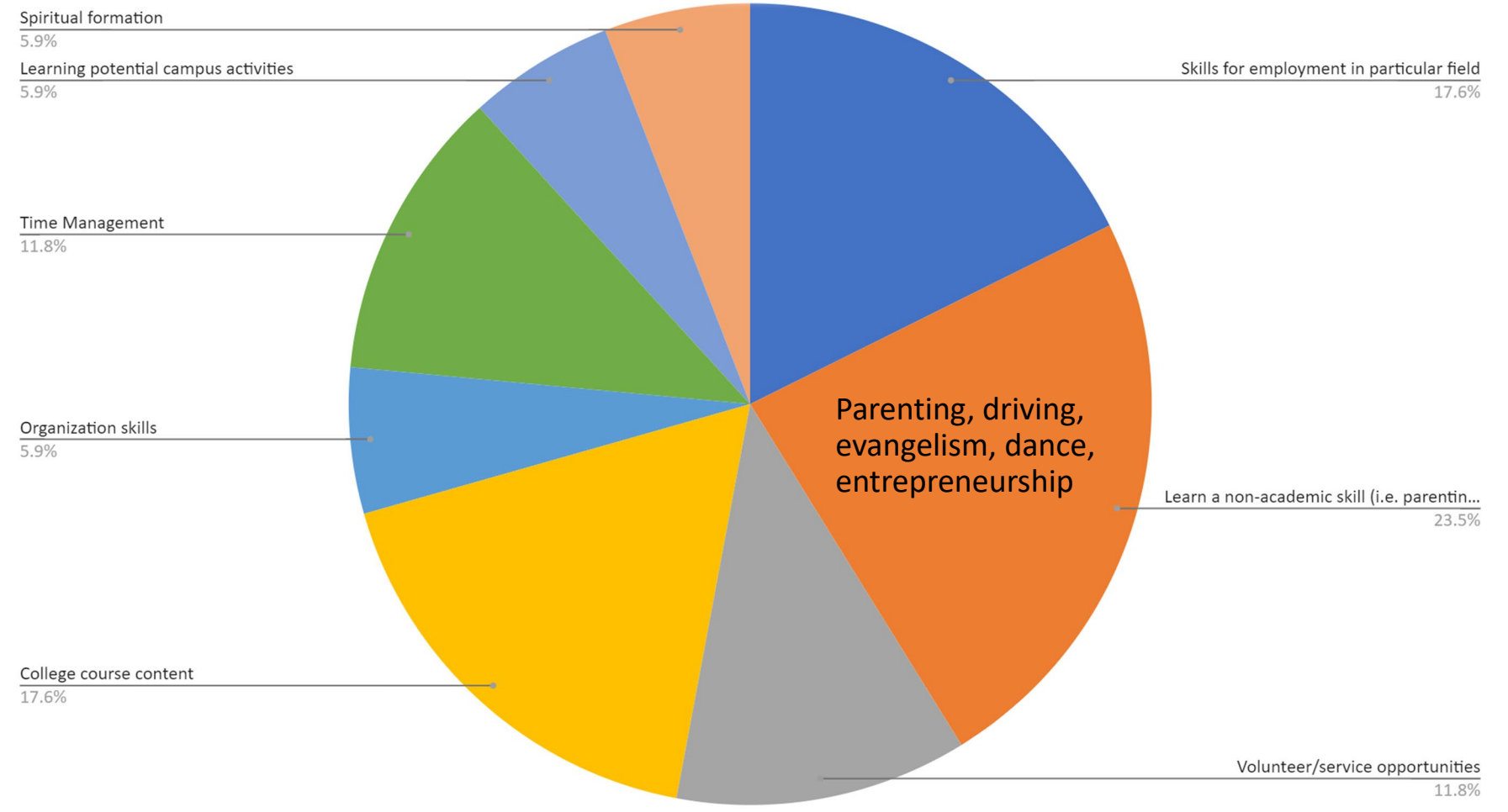
- *Self-Determined Learning Model of Instruction*
- Quality of Life Domains
- Goal Attainment Scaling
- *Quality of College Life Experience for Individuals with Intellectual Disabilities*

Goal Distribution by Domain

76 total goals



Personal Development Domain



A note about Covid-19

- Disruption to data collection in 2019 – 2020
- Completed full academic year 2020-2021

Sample Goal: Graciela*

- Year in program: 3
- Domain: Self-determination
- Goal Statement: I want to live on my own with roommates but have the option to live alone.
- End-of-year self-rating: 5
- GAS rating: +1

End of Year Interview: Graciela*

- My space
- Chores and cooking on my own
- “I want to do it by myself”

Goal Attainment Scaling

Scale	Progress	Evaluation Descriptor
-2	Much less than expected progress	No continued interest
-1	Less than expected progress	Continued interest; no engagement with curriculum or program-based supports
0	Expected level of outcome	Continued interest; engagement with curriculum or program-based supports
+1	Somewhat more than expected progress	Continued interest; engagement with curriculum or program-based supports; emerging or supported skill development
+2	More than expected progress	Full satisfaction with progress; engaged in curriculum or program-based supports; emerging or supported independence

Sample Goal: Lena*

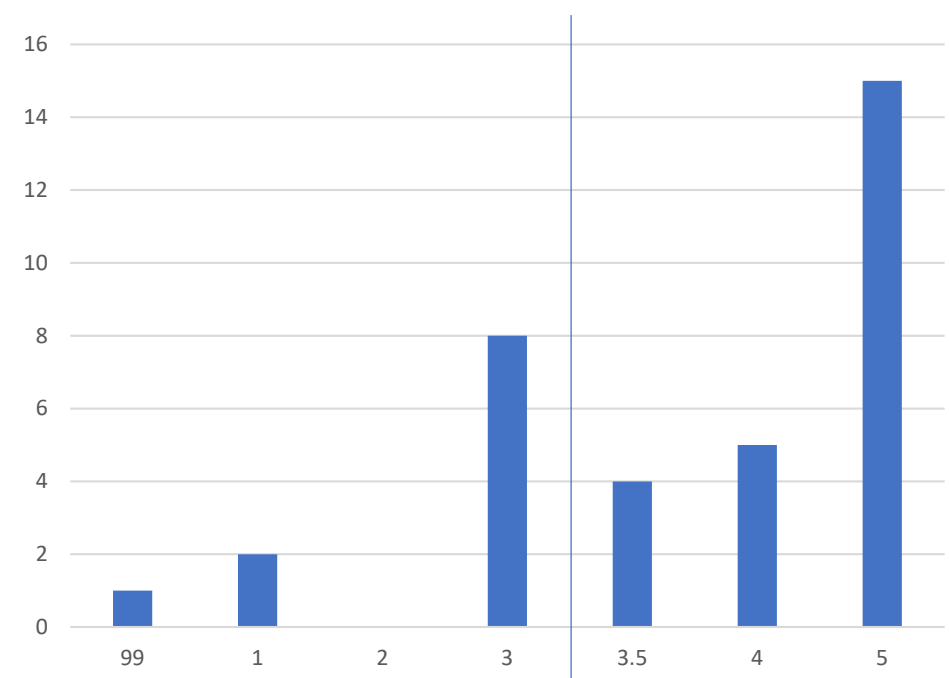
- Year in program: 1st
- Domain: Material well-being
- Goal Statement: I want to help people with the storm damage and volunteer at the Red Cross.
- End-of-year self-rating: 3
- GAS rating: 0

End of Year Interview: Lena*

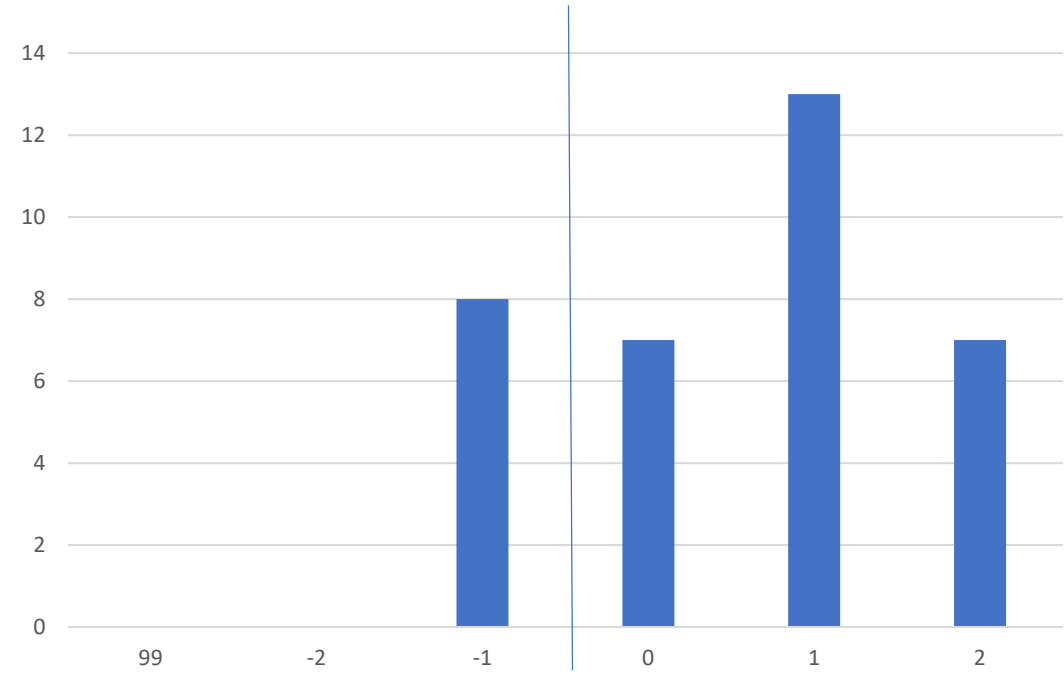
- Interests
- First aid class in college
- Volunteer opportunities
- Research presentation on Red Cross
- Keep working

Results – Self-Report and GAS 2020-2021

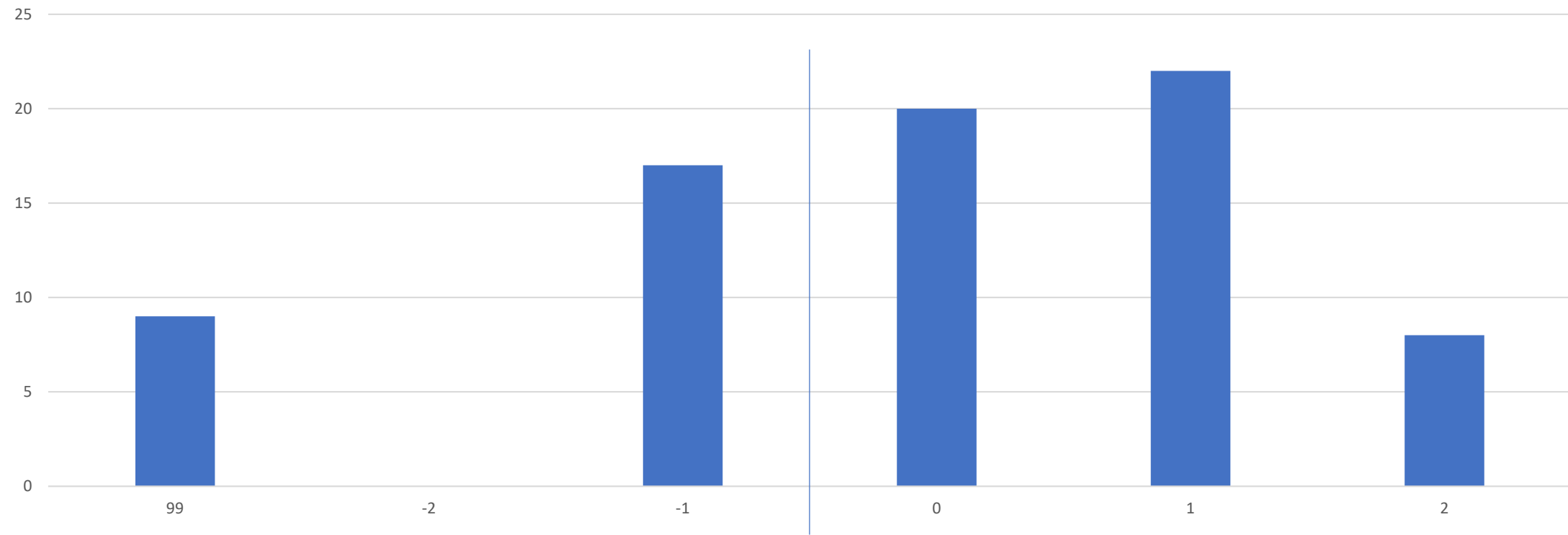
2020-2021 Self-Rating Frequency



2020-2021 GAS Frequency



Results – GAS 2019-2021



Thematic Analysis

- Increased participation in social activities and relationships
- Voting, political engagement
- Employment in field of interest

Quality of Life Survey

- High level of satisfaction with quality of life overall
- Lower satisfaction
 - Choice in employment
 - Choice in courses
 - Choice volunteer activities
 - Feelings of contribution to community
 - Choice in where to live, who to live with

Links

- Social activities → choice in living situation, volunteer activities
- Voting, political engagement → contribution to community
- Employment → choice in courses, choice in employment

Discussion

- Self-determined goal setting and monitoring
- College environment supportive of participant voice

Questions?

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Session Evaluation

- Your feedback helps shape future programming.
- Thank you for attending!