

Abstract Title:-

Navigating Individualized Education Plans (IEPs): Principles, Processes, and Collaborative Practice

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Psychology Counselling



Abstract:

This session provides a comprehensive and practice-oriented overview of Individualized Education Plans (IEPs) as foundational tools for supporting students with special educational needs (SEN). IEPs function as legally mandated, individualized educational roadmaps that ensure students receive a Free Appropriate Public Education (FAPE) in accordance with established legal frameworks. The presentation emphasizes the dual role of IEPs as both compliance documents and meaningful, student-centered planning tools designed to promote academic, social, and functional success.

Participants will explore the full IEP process, beginning with early identification of at-risk learners and multidisciplinary evaluations, followed by eligibility determination, collaborative plan development, and ongoing review. The session highlights the essential contributions of IEP team members, including teachers, specialists, service providers, and parents, underscoring the importance of shared responsibility and consistent communication. Practical attention is given to core IEP components such as Present Levels of Performance (PLOPs), student strengths and needs, measurable annual goals, services, placement justifications, and timelines.

A major focus is placed on the development of high-quality SMART goals and the use of systematic progress monitoring and data collection to guide instructional decisions. The distinction between accommodations and modifications is clarified to support appropriate curricular access while maintaining meaningful expectations. Strategies for daily IEP implementation are addressed, including role clarity, structured routines, and integration of assistive technology to enhance participation and learning outcomes.

The session also examines common implementation challenges, such as time constraints and coordination demands, and presents practical approaches for continuous improvement through regular review, feedback, and goal revision. By bridging legal requirements with practical application, this presentation aims to strengthen participants' capacity to design, implement, and sustain effective IEPs through collaborative, data-informed practice.

Keywords:

Individualized Education Plan, Special Educational Needs, IEP Process, Collaboration, SMART Goals, Accommodations and Modifications, IDEA, Inclusive Education, Assistive Technology, Educational Planning

Short Professional Biography:

Ms. Lochana Mangwani is a dynamic and empathetic Counselling Psychologist with over five years of experience delivering evidence-based therapeutic interventions across educational and clinical settings. She is the Co-Founder of a digital mental health platform that has supported more than 300 clients and provided training and supervision to 16 counselors. Her expertise includes the design and delivery of psychoeducation programs, group therapy, academic instruction, and corporate wellness workshops. She is deeply committed to promoting mental wellbeing, resilience, and optimal performance through innovative, client-centered counseling approaches.