



# **Rejuvenate!** **Your Transition Curriculum**

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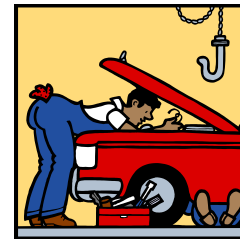
**Lakeridge HS**

# Change

Stanford video on Change and Fear.mp4

Stanford Video on Change and  
Fear

Carly Fiorina



# The Four Parts of Transition

- It's All About You!
  - Self-determination, Knowing your disability, locus of control, goal setting
- Postsecondary Options-
  - Choosing a major, choosing a college/training program, the application process, college services
- Getting and Keeping a Job-
  - Choosing a career, resumes, interviews, on the job
- Living Independently-
  - Living on a budget, finding an apartment, community resources

# Self-Determination



- What do you need to know to make decisions?
  1. Know about your disability and how it affects your education and job performance.
  2. How does ADA Law apply to me?
  3. Who should I disclose information to? (advantages/disadvantages)
- 3. How do I talk to others about my needs.

# Locus of Control

- What is external locus of control?  
(Reactive)
- What is internal locus of control?
- (Proactive)



# Goal Setting

- How to set long and short term goals
  - Educational goals
  - Career related goals
  - Personal goals
  - Assessing goals and making changes



# Choosing a major and school

- Interests and hobbies
- Strengths and weaknesses
- “Have tos” (location, costs ,etc.)
- Pre-requisites



# The Application Process

- The form
- The fee
- Placement Tests (ACT/SAT/COMPASS)
- Other requirements (work samples, portfolio of work, aptitude tests, letter of recommendations)



# You've been accepted! Now What do you do?

- The Office for Students with Disabilities
- ADA Law and accommodations on the college campus
- Finding campus resources for academic assistance



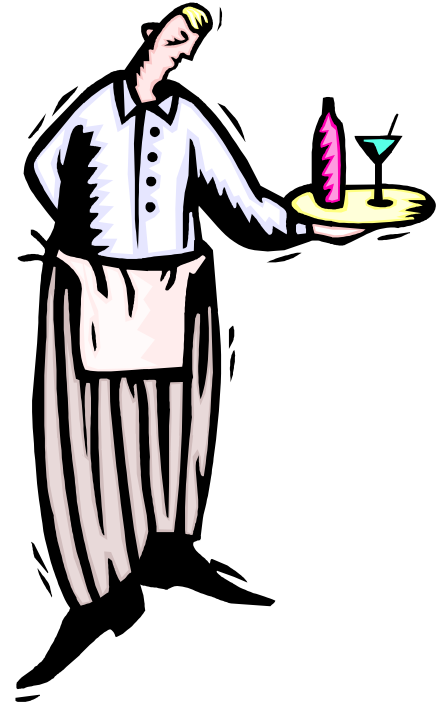
# Choosing a Career

- Strengths and weaknesses
- Education and training
- Job skills
- Job availability
- Physical expectations



# Getting and Keeping a Job

- The application
- Your resume
- The interview
- Job Skills vs Work Habits
- Communication on the Job
- Asking for accommodations on the job



# Living Independently

- Creating a budget and living with it
- Accessing community services  
(Employment services, Vocational Rehabilitation, Brokerage Services, DD-Mental Health, DHS, Job Corps, etc.)
- Using the classified ads, finding an apartment, etc.

# Fun Movies that illustrate a concept

- **ACCEPTED** – addresses the idea that many colleges discriminate against the student who doesn't fit the “norm” including those with disabilities. But somewhere there is that college program who will meet your needs.
- **You, Me and Dupree** – addresses the idea that some people are “late bloomers” who will eventually find the right career.
- **The Devil Wears Prada** – addresses the idea that you may not have the perfect boss for that first job and might have to learn to cope.

# Other Resources

- Life Skills Activities for Secondary Students with Special Needs – Darlene Mannix (jossey-bass.com)
- 411 on Disability Disclosure (on CD)
- Transition to Postsecondary Learning (video and study guide) ECLG
- The 7 Habits of Highly Effective People-Stephen Covey
- Overcoming Goliaths – (video) Dave Weber
- W.A.G.E.S. curriculum-(resource book) Sopris-West

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