



# Adult Transition

A Newsletter for Teachers Working With High School and Transition Age Students 18-22  
Educational Equity for All  
December 2018



In a few years, you'll get the opportunity to do all of things you've always dreamed about. You could go to college, sail the seas, launch your career, start a business or even start a family. No matter what you decide, you'll need money smarts to make it happen.

Are you ready for the real world? And do you have what it takes to make your dreams come true?

This section will give you tips and tools for managing money. Get started!

- Earning
- Saving
- Spending
- Owing
- Tracking
- Giving
- Investing
- Safeguarding
- Try It!

<http://www.themint.org/teens/>

## Transitions ACR

Transitions to Adulthood Center for Research



[How to Keep A Job: The Young Adults Guide](#)

[Applying for a Job: The Young Adults Guide \\*](#)

<https://www.umassmed.edu/TransitionsACR/publication/#tipsheetEmployment>

### Transition Health Care Checklist: Preparing for Life as an Adult



A resource to help youth and young adults with special health care needs and disabilities make a successful transition to adult living that includes their education, health and community living

<http://www2.waisman.wisc.edu/cedd/wrc/pdf/pubs/THCL.pdf>

## EMPLOYMENT

### Work Jobs for Special Education Life Skills Classrooms

# Vocational

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[http://ese.dadeschools.net/autism/pdfs13/Vocational\\_Ideas.pdf](http://ese.dadeschools.net/autism/pdfs13/Vocational_Ideas.pdf)

## TRAINING



your source for career exploration, training & jobs  
Sponsored by the U.S. Department of Labor. A proud partner of the americanjobcenter network.

Learn about the skills and abilities employers are looking for in job candidates.

Each video also includes examples of careers that require the skills or abilities discussed.

- Attentiveness
- Auditory and Speech Ability
- Basic Skills
- Control Movement
- Endurance
- Fine Manipulative Ability
- Flexibility, Balance, Coordination
- Idea Generation and Reasoning
- Interpersonal Skills
- Memory
- Perceptual Ability
- Personal Qualities
- Physical Strength
- Quantitative Ability
- Reaction Time
- Resource Management
- Spatial Ability
- Thinking Skills
- Using Information
- Using Systems
- Using Technology
- Verbal Ability
- Visual Ability

<https://goo.gl/PRwW96>

**FEATURED IDEA OF THE MONTH**



**Gaiam Balance Ball Chair**

Now at Target

Strengthen and stretch your core and back  
Improves spinal alignment while you sit, resulting in better posture  
Easily adjustable back and legs for comfort and support

Recently, I have been asked to share some Sexual Education resources for students with disabilities. Here are some resources for young adults.



**Sexual Education Strategies for Adults with Developmental Disabilities**

Helping adults with developmental disabilities learn about sex, sexuality and consent is really important to their development. This lesson discusses some strategies that work with this special population.

<https://goo.gl/tt9Khy>

**Sexuality Education for Students with Disabilities**

<https://www.parentcenterhub.org/sexed/>



<https://www.respectability.org/resources/sexual-education-resources/>



Creating lifelong connections for youth.  
A partnership with and funded by VDSS.

**YOUTH SKILLS FOR LIFE CURRICULUM**

Youth Skills for LIFE is the independent living skills curriculum compiled by Project LIFE for young people who are in need of learning, enhancing, or supporting life skills to effectively transition into adulthood.

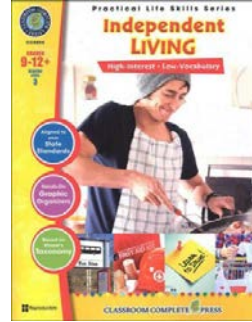
<https://www.vaprojectlife.org/for-professionals/youth-skills-for-life-curriculum-3/>

**WEBSITES AND RESOURCES**

- <https://goo.gl/m7NxYP>
- <https://goo.gl/S5Fmzm>
- <http://commcorp.org/resources/empower-your-future-career-readiness-curriculum-guide/>



**INDEPENDENT LIVING SKILLS**



- [Daily Social & Workplace Skills,](#)
- [Daily Life Skills Big Book,](#)
- [Daily Marketplace Skills,](#)
- [Daily Health & Hygiene Skills.](#)

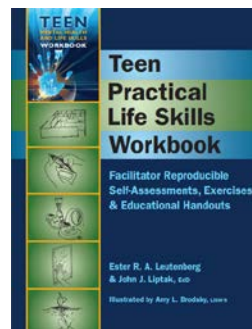


**\*EDCATION**

\* Education in the Individual Transition Plan means working towards and receiving a 2 year or 4-year degree.  
Nine Strategies to Improve College Transition Planning for Students With Disabilities

High School Accommodation	Preparing Students for College Expectations
Study guides provided by teachers	Train students to create their own study guides.
Spelling mistakes in writing assignments and tests ignored or not counted	Teach students to use hand-held spellcheckers on tests and word processing spell-check feature for homework.
Teacher or aide explains test questions	Provide instruction in test-taking strategies (e.g., underlining key words, rephrasing confusing questions as statements).
Modification of assignment length	Improve student's writing skills so they meet expectations.
Extension of deadlines for papers and projects	Help students develop time management skills (e.g., breaking big assignments into smaller pieces, setting interim deadlines for each step in the writing process).
Teacher or aide prompts student to pay attention	Encourage students to sit near front of class; teach them to use technology tools that prompt for refocusing (e.g., buzzing watch).

<https://goo.gl/ApNQAR>



**[Workbook Teen Practical Life Skills - Whole Person Associates](#)**