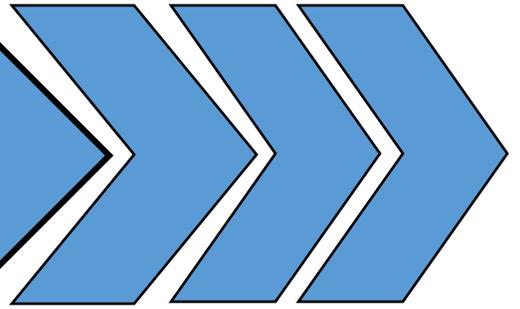




# Adult Transition

A Newsletter for Teachers Working With High School and Transition Age Students 18-22  
Educational Equity for All  
February 2019



## Planning for Your Transition from High School to Adult Life

A workbook to help you decide what you want your life to look like after graduation ...



And to help you outline the steps so you can make it happen!

By Ellen Condon & Kim Brown  
Design by Jillian Jurica

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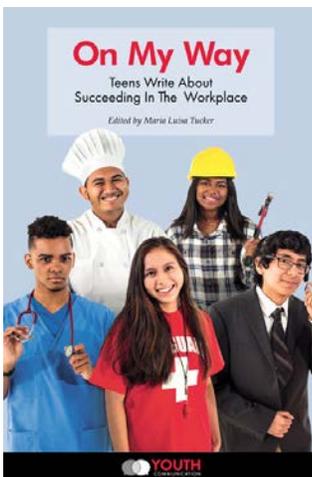
The purpose of this workbook is to help youth to take the lead in planning for their adult lives. The workbook shares important information, encourages youth to begin thinking about life after high school, and offers ideas they can use to plan routes to reach their goals. This is not a workbook parents, educators or others should hand to young adults and ask them to complete on their own. Rather, it should be used as a guide for conversations, either one-to-one or in groups, between adults and between young people. The workbook includes suggested activities, but don't be limited to these - be creative! <https://goo.gl/zjJE2J>

## EMPLOYMENT YourFreeCareerTest

# Career Test Free for Students & Adults

This free career test takes 5 minutes and has no registration. It is student friendly and free for adults.

This free career test for adults and students will help you discover your career interests and your ideal career work environment. Whether you are an adult, middle, high school, or college student, the free career tests on this website provide specific interest scores for each career category. This means you can view just how interested you are in a variety of career fields, not just a few. These test results are free, student-friendly, and do not require any personal information or payment to take the test. You will also be given a unique link to view your career test results anytime in the future. Though kids and teens can also take this, our Grade Level reading scores indicate it is more appropriate for people who can read at a 9th grade level. <https://www.yourfreecareertest.com/>



## CAREER READINESS ON MY WAY

Help teens build social and emotional skills to get and keep jobs <https://goo.gl/mfHrsV>

ON My WAY Includes:

- A fully scripted curriculum guide with 20 true stories written by teens,
- Anthologies for teen use
- One-day, interactive professional development session for educators plus follow up coaching

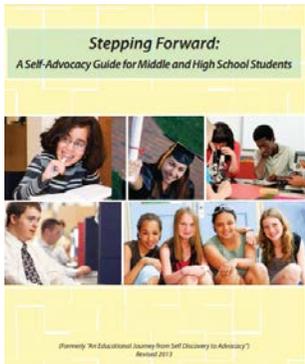
## TRAINING



Your Online Counseling Resource

Welcome to CounselingTools.com (the replacement website for SocialSkillsCentral.com). CounselingTools.com gives you access to a multitude of print on demand counseling tools to help you treat children, teens, and adults. Counseling tools come from such respected publishers as Childsworld/Childsplay, At-Risk Resources, and Wellness Reproductions.

## FEATURED IDEA OF THE MONTH



This guide was created for middle and high school students as an instructional tool for the development of self-advocacy skills and transition planning. It is divided into 5 chapters:  
Chapter 1 Disability Awareness  
Chapter 2 Learning to Self-Advocate

Chapter 3 Transition: Career Planning and Community Connections  
Chapter 4 Participating in Planning and Placement Team (PPT) Meetings  
Chapter 5 Resources  
<https://goo.gl/uMdvPV>

## WEBSITES AND RESOURCES

<https://goo.gl/xmdctB>  
<https://goo.gl/U48iW1>  
<https://goo.gl/Crja5M>

## INDEPENDENT LIVING SKILLS

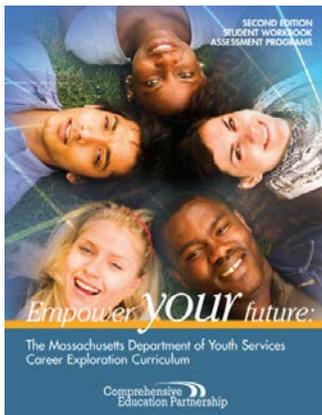
### Help Teaching

Life Skills For Teens and Adults - Money, Career, Safety  
Life Skills Worksheets

Use these worksheets to help high school students learn basic life skills - money management, banking, understanding debt, driving safety, and many more.

- *Health and Safety*
- *Money, Credit, and Debt Management*
- *Prenatal and Child Care*
- *Job Search*
- *Career Tips*
- *Cooking and Cleaning*
- *Laundry and Sewing*

<https://www.helpsteaching.com/free-life-money-skills-worksheets.htm>



Empower Your Future is a standards-based curriculum designed to help youth develop the academic/technical, workplace readiness and personal/social competencies outlined in the Massachusetts Career Development Benchmarks, as well as the eight elements of an effective

“Possible Self”. The goal is to help youth become proactive, resilient and adaptive as they transition back to school or work in their communities.

<https://goo.gl/66pdHP>



### Life Skills

Life Skills covers a wide variety of topics, and Insight and Outlook Life Skills resources cover a wide array from developing coping skills and communication skills to vocational readiness, stress management, anger management and even money management. With more than 600 hours of Life Skills related topics, we can create a custom curriculum to fit your organization's needs.

### Pathways to Daily Living

Pathways to Daily Living is a comprehensive life skills curriculum for adults and juveniles helping them develop skills for daily living. This manual is designed to address critical life and lifestyle issues. The overall objective is to help participants improve their general health and happiness as functioning members of society.

[http://www.insightandoutlook.com/ls\\_pdl.php](http://www.insightandoutlook.com/ls_pdl.php)



## NTACT

National Technical Assistance Center on Transition

Using Post-School Outcome (PSO) and Career & Technical Education (CTE) Data to Address Student Outcomes

<https://goo.gl/2dPNUv>

February 14, 2019 3:00 PM, EST

Presenters will share their successes in working across state agencies to improve outcomes for youth with disabilities accessing CTE in Oregon. The team will share examples from the field, process, data, lessons learned, and suggestions for implementation.



### YOUTH TRANSITION TOOLKIT LESSON PLANS

This section includes a series of documents and information which teachers or agency staff can use to implement activities in the classroom or during youth workshops organized by agencies (including Independent Living Centers, Family Empowerment Centers, etc.). These activities are designed to help youth begin thinking about a variety of topics covered by the Youth Transition Toolkit (including Education, Independent Living, Employment, Finances, Healthcare, and Social/Recreation).

[http://tknyouth.sdsu.edu/lesson\\_plans/lesson\\_plans.html](http://tknyouth.sdsu.edu/lesson_plans/lesson_plans.html)