



Adult Transition

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



It's My Move works to improve successful outcomes for youth transitioning to adulthood by providing them with a supporting and empowering environment and/or Transition Coaching to make their first decisions about adult life.

It's My Move is a program of Stepping Stones, Inc. that provides youth ages 16-21 years of age the skills and support they need to be successful in independent living.

Life Skills Training/Support Materials
Helpful links to curriculum to strengthen youth's application of life skills training and to help in completing the goals identified on the learning plan.

- I Can Do It: A Micropedia of Living On Your Own
- I'm Getting Ready...I Can Do It!
- Cleaning My Place: Activities for Real Life Learning
- Cleaning My Place: A Mini-Micropedia
- Hungry? Eat Healthy! Activities for Real Life Learning
- Hungry? Eat Healthy! A Mini-Micropedia
- Lookin' Good! Activities for Real Life Learning
- Lookin' Good! A Mini-Micropedia
- Money Matters: Activities for Real Life Learning
- Money Matters: A Mini-Micropedia
- I Need A Place To Live! Activities for Real Life Learning
- I Need A Place To Live! A Mini-Micropedia
- Money Pals: Being Cool With Cash (part 1)
- Money Pals: Being Cool With Cash (part 2)
- Money Pals: Being Cool Wkkth Cash (Caregiver's Handbook)
- Preparing Adolescents for Young Adulthood (PAYA) | Module I: Money, Home and Food Management
- Preparing Adolescents for Young Adulthood (PAYA) | Module II: Personal Care, Health, Social Skills and Safety

And many more resources.

http://www.itsmymove.org/training_resources_lifeskills.php

EMPLOYMENT



-  COORDINATION of Transition Services, including fostering Self-Determination
-  CLASSES and Extra-curricular activities that are inclusive with peers who do not have disabilities, including postsecondary education opportunities
-  CAREER GOALS that are individualized and based on strengths and interests
-  COMMUNITY WORK EXPERIENCES including paid jobs
-  COLLABORATION with a variety of partners, including Family members, Employers, DVR, Long-Term Care, and WIBC

<http://www.letsgettoworkwi.org/index.php/lgtw-resource-guide/>

TRAINING



I Can Work! A Work Skills Curriculum for Special Needs Programs

from School Health

I Can Work! serves to introduce and educate young adults with special needs who are interested in working in their community. The program is geared toward middle school and high school students. It can also support recent graduates ages 21 through 25 who are transitioning from school to the workplace.

<https://goo.gl/JgKvXH>

FEATURED IDEA OF THE MONTH



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://goo.gl/Rt9bMV>

WEBSITES AND RESOURCES

<https://www.transitionta.org/>

<https://apse.org/>

<https://goo.gl/qFWf5G>

INDEPENDENT LIVING SKILLS



LIFE SKILLS 4 YOUNG ADULTS

Convenient video lessons - Relevant topics - Taught by experienced mentors

Life Skills Courses Offered

- COLLEGE
- RENTING
- BUDGETING
- CREDIT
- HEALTH
- BANKING

<https://lifeskillsinstructor.com/>



Teaching Life Skills to High School Students
Chapter 8 / Lesson 108

There are many life skills that are beneficial for students to know. Discover which life skills are essential for high school students and the most effective ways to teach them.

Living Beyond Parental Care

What do you want to be in life? Where do you wish to live? What do you want to accomplish? What do you believe in? And, most importantly, how do you figure out all this?

These are just a few of the questions that come to mind, especially for an adolescent student eager to live independently for the first time. Providing answers to some of these questions can help build the foundation of a fulfilling life, even before graduation.

Defining Life Skills

Life skills are skills that prepare an individual to live independently and productively within a society. These skills can include knowing how to keep a job, understanding why you behave in a specific way, and knowing how to be a better friend. The types of life skills needed to function effectively within a society depend on the cultural norms or standards of that particular society. For example, being a successful hunter may be defined as an important life skill in one society, but is defined as a useless skill in another.

<https://goo.gl/YwJsLW>

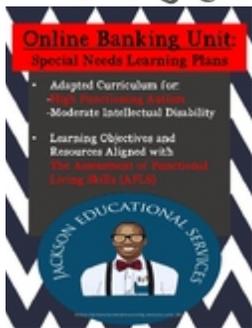


Elementary, Middle, and High School Levels

The Overcoming Obstacles curriculum is organized into elementary, middle, and high school levels, each beginning with the three fundamental skills on which all other skills can be built: communication, decision making, and goal setting. Because its modular format, educators can either choose to teach the curriculum from beginning to end, or select specific lessons that best suit the needs of their individual classrooms.

The entire curriculum is available in Spanish as well as English, and the student activity sheets have been translated into 20 languages. All curricula and resources are available for free, now and forever.

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



Bring life into your Life Skills sessions with this unit that defines, explains and demonstrates everyday use of Online Banking. It was authored to teach my own autistic students Independent Living Skills from the

Assessment of Functional Independent Living Skills. It is packed with the resources needed for students to define Online Banking all the way to actually operating the functions of depositing money and even making withdrawals right from the classroom. Online Banking Unit FREEBIE- Life Skills for High Functioning Autism

<https://goo.gl/zH4JJU>



Life skills: what they are and why we need to teach them

<https://goo.gl/hU42Ua>