

REVIEW 5-10

Assess Progress and Build Your Transition Portfolio

TRANSITION OBJECTIVE

Students will evaluate their progress by completing an assessment sheet and reviewing their progress.

RELEVANCE TO SUCCESSFUL TRANSITION

Evaluation is one of the most important components of the growth process. Self-evaluation is a powerful tool commonly used by highly successful people. Add peer evaluation to this process and growth will compound. The evaluation process here begins with self-evaluation, combines with peer evaluation and ends with the next step toward a specific growth area.

INSTRUCTIONAL SEQUENCE

☐ STEP 1: Update Journal

The impact the last six lessons has had on me is . . .

☐ STEP 2: Convene Roundtable

"Evaluating my progress is important because _____."

☐ STEP 3: Advance Organizer

"Today you will evaluate your progress in this class."

☐ STEP 4: Activity - 15 Minutes

Please note: The **Assessment & Portfolio Guide** is part of a transition assessment process. In this process, students complete projects to use their new skills and knowledge, then collect samples of their work in a portfolio. This assessment guide also may be used as a formal test or a review of lesson concepts. If needed, make up additional test questions and activities.

Students go over the questions and statements on the handout **Assessment & Portfolio Guide**. For five minutes, have students briefly review the lessons with a partner, then have students share lesson highlights with the class.

☐ STEP 5: Activity - 25 Minutes

Students complete the handout **Assessment & Portfolio Guide** by answering the questions or completing the statement directions. Provide assistance for students who need help with reading or writing. For poor writers, provide a tape recorder, someone to take dictation or a voice-activated device.

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LIFE MANAGEMENT: Unit 2	REVIEW OF LESSONS 5-10
Assessment & Portfolio Guide	
Lesson 5: Use Convenient Resources to Get Information About Free-Time Activities	
How do you find information about movies in the newspaper?	
Add your completed Fun Activity Report to your Transition Portfolio.	
Lesson 6: Write a Report on an Enjoyable Free-Time Activity	
What is your favorite fun activity? Why?	
Lesson 7: Learn the Benefits of Regular Physical Exercise	
Why is it important to have regular physical activity?	
Lesson 8: Participate in a Two-Week Physical Exercise Program	
What physical activity do you enjoy on a regular basis?	
Add your completed Physical Activity Report to your Transition Portfolio.	
Lesson 9: Develop Employability Skills by Learning a New Hobby	
Why is it important to spend time on hobbies that teach a new skill or produce something?	
Lesson 10: Choose a Hobby or Special-Interest Free-Time Activity	
What is your hobby? How do you feel after you have completed a product or learned something new?	
Add your completed Hobby Activity Report to your Transition Portfolio.	

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□ STEP 6: Activity - 20 Minutes

Have students share their answers with a partner. Each partner then chooses one thing the other has learned and shares this with the class. For example: Vince and Jen have shared their answers. Jen chooses to share what Vince has learned about living a healthy lifestyle. Jen would say, "The most important thing Vince learned is to exercise more." Have all students take a turn sharing one thing their partner has learned. Remind students to add their **Assessment & Portfolio Guide** to their *Transition Portfolio*.

□ STEP 7: Evaluate Outcomes

One way I feel I have grown from these lessons is "____."

□ STEP 8: Connecting Activity

Students share their most important growth area with a friend or family member.

□ STEP 9: Key Words

See "Key Words" section on page xviii for the "Six Step Process for Better Vocabulary Instruction."

KEY WORDS

website
theater
pursuits
interests
swimsuit

search engine
participate
origin
hobby list
bowling ball
dumbbells

online
commercial
rigorous
sports balls
skateboard

amusement
relax
restrictions
tennis shoes
rollerblades
ski equipment

community
enjoy
preferred
racquets
exercise video

MATERIALS AND PREPARATION

- Student Handout: **Assessment & Portfolio Guide**, page 72.
- Prepare a screen image of the handout **Assessment & Portfolio Guide**.
- Prepare to share suggestions with the students.
- Prepare your own areas of growth to share with the class.

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Listening, Speaking
- Thinking Skills: Creative Thinking, Decision Making
- Personal Qualities: Responsibility, Self-Esteem, Sociability, Self-Management, Integrity/Honesty