

16 Rehearse Your Transition Meeting

TRANSITION OBJECTIVE

Students will participate in an exercise to see themselves succeeding in the career of their choice.

RELEVANCE TO SUCCESSFUL TRANSITION

Picturing ourselves working at a job or otherwise imagining ourselves succeeding at something helps us reach our goal. Students who have not formed a life dream and lack confidence can benefit from visualization activities that help them see themselves reaching their goals.

INSTRUCTIONAL SEQUENCE

☐ STEP 1: Update Journal

A time I felt "in charge" was . . .

☐ STEP 2: Convene Roundtable

"Taking the lead at my Transition IEP meeting will make me feel _____."

☐ STEP 3: Advance Organizer

"Today you will practice picturing yourself reaching your career goal and leading your own transition meeting."

☐ STEP 4: Activity - 15 Minutes

Before beginning this activity, have the room slightly darkened and play relaxing music, such as classical baroque or calming instrumentals. Have the students assume a comfortable position, close their eyes and relax. Tell them to breathe deeply and relax, starting with their feet. Guide them to relax their legs and arms, followed by their trunk and neck. Speak quietly and slowly, pausing between comments. Remind students to breathe while relaxing their shoulders and neck. As students take slow, deep breaths, tell them to picture themselves successfully reaching their career goals. Tell them to imagine themselves working in the career they want. Tell them to imagine what it looks and feels like to be working there. Tell them to picture themselves completing a task.

Continue by providing details to help them picture themselves reaching their goal.

After five minutes, tell them to slowly open their eyes and continue to think about the picture they just imagined. Ask them to talk with a partner about what they imagined for the next three minutes. With the whole class, stimulate a discussion about how seeing themselves as a success could help them reach their goals. Explain that now they will have an opportunity to prepare for the transition meeting by using their imagination to picture their own success.

☐ STEP 5: Activity - 20 Minutes

Divide the students into groups of three or four. Have each student describe a goal they would like to address at their transition meeting. Encourage the groups to also discuss possible concerns people might raise at the meeting and help each other think of ways to respond. Monitor groups and reinforce positive communication skills.

☐ STEP 6: Activity - 10 Minutes

For about five minutes, have students relax and then imagine taking the lead at their transition meeting. Following this exercise, students will do a quick write about the feelings they experienced while imagining. In the quick write they will record their thoughts

and feelings, without regard to correctness of grammar.

☐ **STEP 7: Evaluate Outcomes**

Seeing myself being successful at my transition meeting can help me “_____.”

Find out about the type of meeting and who is involved. Have them gather information about the agenda and what this person feels are the easiest and hardest parts of leading a meeting. Students can report their findings in verbal or written form.

☐ **STEP 8: Connecting Activity**

Students interview a teacher, principal or other professional about leading a meeting.

KEY WORDS

visualize

rehearse

imagine

picture

MATERIALS AND PREPARATION

- Student Handout: None
- Prepare to use classical baroque music for this activity. Prepare to lead a relaxation activity
- Prepare for small group discussion

SCANS FOUNDATION SKILLS

- Basic Academic Skills: Writing, Listening, Speaking □ Thinking Skills: Creative Thinking, Decision Making, Problem Solving
- Thinking Skills: Creative Thinking, Visualizing
- Personal Qualities: Self-Esteem, Self-Management