

## TABLE OF CONTENTS

Preface . . . . .	ix
Acknowledgments . . . . .	x
About the Authors . . . . .	xi
<i>The Transitions Curriculum</i> Introduction . . . . .	xii
Summary of Performance . . . . .	xv
<i>The Transitions Curriculum</i> Lesson Instructions . . . . .	xviii
Other Instructional Issues . . . . .	xxii
Lesson Resources and Strategies . . . . .	xxii
Transitions Supports State Standards. . . . .	xxvi
Transitions Supports Literacy . . . . .	xxviii
Transitions Supports Community Participation . . . . .	xxxii
Scope & Sequence . . . . .	xxviii
Selected References . . . . .	xxxix
 <b>PREPARATION UNIT.</b> . . . .	 <b>1</b>
<b>Introduction</b> . . . . .	<b>3</b>
<b>Lesson 1:</b> Purpose of the Transition Class . . . . .	4
<b>Lesson 2:</b> The Requirements of the Transition Class . . . . .	6
<b>Lesson 3:</b> Become a Responsible Class Member . . . . .	8
<b>Lesson 4:</b> Keeping a Personal Journal . . . . .	10
<b>Lesson 5:</b> Assess Progress and Begin Your Portfolio . . . . .	12
<b>Lesson 6:</b> Build a Self-Empowering Vocabulary . . . . .	14
<b>Lesson 7:</b> Learn the Benefits of Volunteering . . . . .	16
<b>Lesson 8:</b> Practice Safe Use of the Internet . . . . .	18
<b>Lesson 9:</b> Get the Most Information from a Guest Speaker . . . . .	20
<b>Lesson 10:</b> Writing a Thank You Letter . . . . .	22
 <b>UNIT 1: Winning with Personal Power</b> . . . . .	 <b>25</b>
<b>Introduction</b> . . . . .	<b>27</b>
<b>Lesson 1:</b> Appreciate Similarities and Differences Between People . . . . .	28
<b>Lesson 2:</b> Understand a Hierarchy of Human Needs . . . . .	30
<b>Lesson 3:</b> Evaluate How Well Your Basic Needs Are Met . . . . .	32
<b>Lesson 4:</b> Demonstrate an Understanding of Self-Esteem . . . . .	34
<b>Lesson 5:</b> Build a Self-Empowering Vocabulary . . . . .	36
<b>Lesson 6:</b> Assess Your Self-Esteem and Empowerment . . . . .	38

<b>Lesson 7:</b> Choose Behaviors that Lead to High Self-Esteem . . . . .	40
<b>Lesson 8:</b> Begin Your Transition Portfolio . . . . .	42
<b>Review of Lessons 1-8:</b> Assess Progress and Build Your Transition Portfolio . .	44
<b>Lesson 9:</b> Write a Self-Esteem Growth Goal . . . . .	46
<b>Lesson 10:</b> Identify Characteristics that Describe You . . . . .	48
<b>Lesson 11:</b> Describe Your Personal Characteristics . . . . .	50
<b>Lesson 12:</b> Complete an Outline of Your Successes . . . . .	52
<b>Lesson 13:</b> Develop a Resume Describing Personal Successes . . . . .	54
<b>Review of Lessons 9-13:</b> Assess Progress and Build Your Transition Portfolio . .	56
<b>Lesson 14:</b> Practice Relaxation and Imaging Techniques . . . . .	58
<b>Lesson 15:</b> Identify Behaviors that Affect Decision-Making . . . . .	60
<b>Lesson 16:</b> Learn the Seven Decision-Making Steps . . . . .	62
<b>Lesson 17:</b> Practice the Seven Decision-Making Steps . . . . .	64
<b>Lesson 18:</b> Apply Decision-Making Steps to Real-Life Situations. . . . .	66
<b>Lesson 19:</b> Evaluate Your Self-Esteem Growth . . . . .	68
<b>Review of Lessons 14-19:</b> Assess Progress and Build Your Transition Portfolio. .	70

<b>UNIT 2: Choosing the Best Career for You . . . . .</b>	<b>73</b>
<b>Introduction . . . . .</b>	<b>75</b>
<b>Lesson 1:</b> Know the Importance of Making an Informed Career Choice . .	76
<b>Lesson 2:</b> Begin to Organize Career Information . . . . .	78
<b>Lesson 3:</b> Identify Your Dreams for the Future . . . . .	80
<b>Review of Lessons 1-3:</b> Assess Progress and Build Your Transition Portfolio . .	82
<b>Lesson 4:</b> Learn the Meaning and Value of Work . . . . .	84
<b>Lesson 5:</b> Identify and Practice Your Values . . . . .	86
<b>Lesson 6:</b> Analyze Information about Occupations and Job Growth . . .	88
<b>Lesson 7:</b> Identify Traits You Admire in Others . . . . .	90
<b>Review of Lessons 4-7:</b> Assess Progress and Build Your Transition Portfolio . .	92
<b>Lesson 8:</b> Identify Things You Do Well . . . . .	94
<b>Lesson 9:</b> Identify Things You Like to Do . . . . .	96
<b>Lesson 10:</b> Determine the Work Conditions You Prefer . . . . .	98
<b>Lesson 11:</b> Develop Your Work Experience Resume . . . . .	100
<b>Lesson 12:</b> Identify Your Career Strengths & Abilities . . . . .	102
<b>Review of Lessons 8-12:</b> Assess Progress and Build Your Transition Portfolio . .	106
<b>Lesson 13:</b> Understand Your Learning Style . . . . .	108
<b>Lesson 14:</b> Identify Accommodations to Help You Succeed . . . . .	110

<b>Lesson 15:</b> Learn to Accommodate Your Disability . . . . .	112
<b>Lesson 16:</b> List Accommodations for Specific Learning Problems . . . . .	114
<b>Review of Lessons 13-16:</b> Assess Progress and Build Your Transition Portfolio. . . . .	116
<b>Lesson 17:</b> Review Information from Your Personal Career Profile . . . . .	118
<b>Lesson 18:</b> Plan a Job-shadow Experience . . . . .	120
<b>Lesson 19:</b> Learn Research Options to Find Your Career . . . . .	124
<b>Lesson 20:</b> Write a Career Growth Goal . . . . .	126
<b>Review of Lessons 17-20:</b> Assess Progress and Build Your Transition Portfolio. . . . .	128
 <b>UNIT 3: Maximizing Your Options &amp; Opportunities . . . . .</b>	 <b>131</b>
<b>Introduction . . . . .</b>	<b>133</b>
<b>Lesson 1:</b> Debate the Importance of Education for Your Future . . . . .	134
<b>Lesson 2:</b> Learn How Job Training Requirements Affect Career Planning . . . . .	136
<b>Lesson 3:</b> Understand Your Transition Options . . . . .	138
<b>Review of Lessons 1-3:</b> Assess Progress and Build Your Transition Portfolio . . . . .	140
<b>Lesson 4:</b> Recognize the Relationship Between School and Job Success . . . . .	142
<b>Lesson 5:</b> Understand On-the-Job Training and Apprenticeship Programs . . . . .	144
<b>Lesson 6:</b> Learn about Training Available in the Military . . . . .	147
<b>Lesson 7:</b> Describe Vocational and Technical Training Programs . . . . .	150
<b>Lesson 8:</b> Identify Jobs that Require Licenses and Certificates . . . . .	152
<b>Review of Lessons 4-8:</b> Assess Progress and Build Your Transition Portfolio . . . . .	154
<b>Lesson 9:</b> Explore Your Feelings about Going to College . . . . .	156
<b>Lesson 10:</b> Examine a Variety of Degree Programs. . . . .	158
<b>Lesson 11:</b> Prepare for a College Visit . . . . .	160
<b>Lesson 12:</b> Complete Your Post-Secondary Training Guide . . . . .	162
<b>Lesson 13:</b> Complete the Process for Choosing a College . . . . .	164
<b>Review of Lessons 9-13:</b> Assess Progress and Build Your Transition Portfolio . . . . .	168
<b>Lesson 14:</b> Understand the Importance of Learning Throughout Life . . . . .	170
<b>Lesson 15:</b> Compare Vocational Training and College Choices . . . . .	172
<b>Lesson 16:</b> Set Goals to Develop Your Career Ladder. . . . .	174
<b>Lesson 17:</b> Write a Training and Education Growth Goal. . . . .	176
<b>Review of Lessons 14-17:</b> Assess Progress and Build Your Transition Portfolio. . . . .	178
 <b>UNIT 4: Advocating for Your Future . . . . .</b>	 <b>181</b>
<b>Introduction . . . . .</b>	<b>183</b>
<b>Lesson 1:</b> Build Your Self-Determination Skills . . . . .	184
<b>Lesson 2:</b> Practice Expressing Your Career Preference . . . . .	186

<b>Lesson 3:</b> Discover the Importance of Having a Career Goal . . . . .	188
<b>Lesson 4:</b> Assess Transition Areas . . . . .	190
<b>Lesson 5:</b> Make an Action Plan to Reach Your Goal . . . . .	194
<b>Review of Lessons 1-5:</b> Assess Progress and Build Your Transition Portfolio . . .	196
<b>Lesson 6:</b> Practice Putting Your Transition Letter Into Action . . . . .	198
<b>Lesson 7:</b> Identify and Access Community Agencies . . . . .	200
<b>Lesson 8:</b> Learn How to Identify and Use Resources . . . . .	202
<b>Lesson 9:</b> Hear Speakers Talk About Specific Agencies . . . . .	204
<b>Lesson 10:</b> Identify the Community Services You Are Using . . . . .	206
<b>Review Lessons 6-10:</b> Assess Progress and Build Your Transition Portfolio . . .	208
<b>Lesson 11:</b> Practice Being Your Own Best Resource . . . . .	210
<b>Lesson 12:</b> Practice a Process to Analyze Your Resources . . . . .	212
<b>Lesson 13:</b> Identify Your Transportation Needs . . . . .	214
<b>Lesson 14:</b> Use the Steps for a Successful Transition Meeting . . . . .	216
<b>Lesson 15:</b> Plan for Your Transition Meeting . . . . .	220
<b>Review Lessons 11-15:</b> Assess Progress and Build Your Transition Portfolio . . .	222
<b>Lesson 16:</b> Rehearse Your Transition Meeting . . . . .	224
<b>Lesson 17:</b> Write Your Transition Action Plan . . . . .	226
<b>Lesson 18:</b> Learn How Practice Can Help You Succeed . . . . .	228
<b>Lesson 19:</b> Practice Leading Your Transition Planning Meeting . . . . .	230
<b>Lesson 20:</b> Learn to Support Your Choices and Decisions . . . . .	232
<b>Lesson 21:</b> Implement Your Transition Plan . . . . .	234
<b>Lesson 22:</b> Write a Self-Advocacy Growth Goal . . . . .	236
<b>Review of Lessons 16-22:</b> Assess Progress and Build Your Transition Portfolio. .	238

<b>APPENDIX . . . . .</b>	<b>A1</b>
---------------------------	-----------