

Let's Talk Transition!

Link to Presentation:



THANK YOU :)

TEA GUIDANCE

Two key elements to support individual transition services/activities

- Student Self-Advocacy
- Community Partnerships

Meaningful Opportunities may include:

- Virtual or online learning
- Remote instruction
- Computer-based instruction
- Paper & pencil activities

TEA-COVID-19- Continuity of Learning for Secondary Transition (6.4.2020)

SELF-DETERMINATION

Essential skills for increasing self-determination skills.

Select one element a week find ways to practice that skill and write a reflection about your experience.

[I'm Determined Website](#)

[A Toolbox of Resources to Help Build Self-Determination Skills](#)

CHOICE MAKING The skill of selecting a path forward between two known options Cm	DECISION MAKING The skill of selecting a path forward based on various solutions that have each been thoughtfully considered Dm	PROBLEM SOLVING The skill of finding solutions to difficult or complex issues Ps
GOAL SETTING & ATTAINMENT The ability to develop a goal, plan for implementation, and measure success Gs	SELF-REGULATION The ability to monitor and control one's own behaviors, actions, and skills in various situations Re	SELF-ADVOCACY The skills necessary to speak up and/or defend a cause or a person Ad
INTERNAL LOCUS OF CONTROL The belief that one has control over outcomes that are important to his or her own life Lc	SELF-EFFICACY Belief in one's own ability to succeed in specific situations or accomplish specific tasks Ef	SELF-AWARENESS Basic understanding of one's own strengths, needs, and abilities Aw

SELF-DETERMINATION AT HOME

Parents can practice these skills in the community as a part of their normal daily outings.

- Choice making- where to eat, what outfit to wear,
- Decision making- selecting and ordering meals independently, planning family meals, assignment completion, which social activity to attend, safely.
- Goal setting and attainment- I'm Determined -Goal Plan
- Self-Awareness- watch what types of work occur in the community- talk about those jobs and have the student access their skills sets to do the jobs they find interesting. (informal conversation)(research for more information)
- Students and families can document these experiences using Flipgrid, TikTok, other technology applications.

COMMUNITY PARTNERSHIPS

Texas Workforce Commission

Our Vocational Rehabilitation Counselors (VR) need to continue to work with our students-

- Intake applications for eligibility
- Pre-Employment Transition Skills training through school

How to find my TVRC or VR counselor

Transition Resources- From North Central Texas Workforce Solutions - Student HireAbility Navigators, Deborah Erwin & Julie Everett

WORK-BASED LEARNING (WBL) OR COMMUNITY PROGRAMS (AGES 18-21)

- Engage in the phone and email exchanges with host employers around the specific job or more generally about the industry.
- Participate in selected appropriate webinars being conducted by host sites.
- Watch video clips or listen to podcasts about the industry related to the WBL.
- Record video clips explaining what they were learning on the WBL or community experience.
- Develop a home-based project related to their area of interest to share with others.
- Engage in household activities that relate to work experience (e.g., cooking, organizing, budgeting, minor maintenance or repair work, housekeeping, childcare, elder care)

WHAT ARE SOME MORE MEANINGFUL ACTIVITIES?

- Work on keyboarding skills, emails, simple word processing programs
- Write snail mail, become a penpal
- Follow a daily schedule
- Create a schedule for household chores
- Create shopping lists
- Create menus and cook simple dishes
- Shelf the pantry and create inventory sheet
- Compare receipt to groceries brought home
- Create food budget
- Research transportation options
- Work on community and workplace vocabulary
- Practice completing resumes and memorizing important demographic information
- Investigate community recreation/leisure options

RESOURCES

[TEA Coronavirus COVID-19 Page](#)

[Sam Houston State University- Garrett Center](#)

[Student-Centered Transitions Network \(SCTN\)](#)

[Transition Activities for At Home Learning \(TEA\)](#)

[National Center for Technical Assistance on Transition\(NTACT\)](#)

- [Providing Transition-Focused Activities Online and at Home](#)
- [Tech and No-Tech Resources for Transition/Pre-ETS](#)

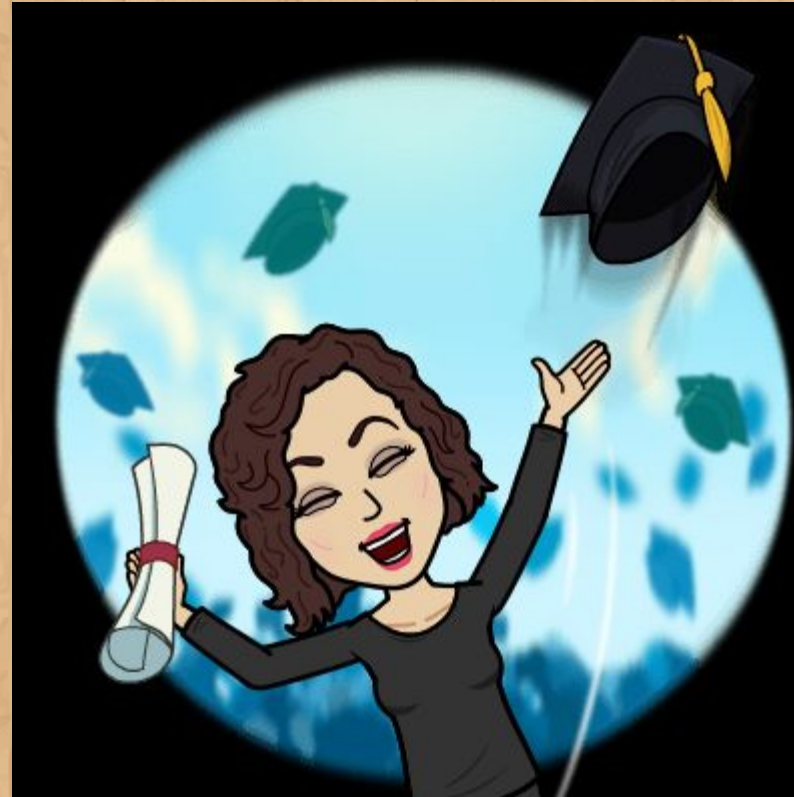
[Ideas for Practicing Job Skills: Remotely or on Campus](#)

JOB OFFER OF A LIFETIME!

* SHARED BY MY FRIEND - NOELIA PEREZ-ESC 1*

<https://youtu.be/uftkRErGuHU>





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