



## Northern Lights Special Education Cooperative

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### Secondary Transitional Activities

*What follows is a starter set of activities related to the five areas of transition that can be utilized in the classroom. The activities allow a student to practice and improve a skill or to acquire new learning via the completion of a task.*

#### Jobs and Job Training

1. Make an appointment with the school counselor and ask for help to expand your "career awareness" knowledge.
2. Get and keep a part-time job for three months.
3. Request an accommodation that you need from your employer.
4. Make an appointment to visit a Department of Rehabilitation Services counselor.
5. Develop a career plan.
6. Develop a letter of inquiry and a follow-up letter.
7. Gather information about two careers in which you are interested.
8. Video tape your worksite. Used the video as the basis for a class presentation.
9. Take a vocational assessment (inventory, aptitude or ability).
10. Ask your employer to review your job performance and ask for suggestions to improve.
11. Do a job interview for a job you are not interested in getting.
12. Create a job application data card.
13. Become involved in the school to work program
14. Fill out several job application forms
15. Obtain a Minnesota Identification Card
16. Interview someone in a career interests and report the information to class or teacher.
17. Visit the Workforce Center.
18. Make a list of your strengths, assets and skills.
19. Take the A.S.V.A.B. test.
20. Talk to a military recruiter.

#### Post-Secondary Education

1. Locate two secondary education institutions you'd consider attending. Call and have them send you information.
2. Make a site visit to a post-secondary institution.
3. Take the ACT or SAT.
4. Contact a college Student Support Service Office to find out what assistance is provided for individuals with you disability.
5. Arrange a meeting with a classroom teacher and explain to him/her how your disability affects your education and what accommodations you need.
6. Arrange for tutoring one hour a week for nine weeks to improve a specific skill.
7. Fill out a college application form.
8. Make an appointment with the school counselor to discuss scholarships that might be available to you.

9. Ask someone to write a letter of recommendation for you.
10. Take a learning style inventory to determine how you learn best.
11. Identify all possible sources of financial support for vo-tech or college.

### **Home/Independent Living**

1. Do your family grocery shopping at least two times. See how well you can stay within the budget.
2. Do the family laundry for at least one week.
3. Attend Anger Management Classes
4. With a parent, develop a family budget and monitor it for 8 to 10 weeks.
5. Prepare a family meal.
6. Develop a card catalog of your favorite recipes.
7. Schedule your next haircut, dental, eye, or doctor appointment.
8. Investigate housing costs. Determine the monthly rent for apartments in your area.
9. Assist a parent with at least two different home improvement projects (painting a room, fixing a leaky faucet, etc.).
10. Attend counseling sessions with Human Services
11. Keep his/her locker (room at home) neat, clean and organized for 1 month
12. Develop an "accumulation list" - things needed for moving to an apartment or dorm room
13. Determine what legal resources are available
14. Create a "what to do if you have an auto accident" checklist
15. Find out where to get information about sexuality issues
16. Take a self-defense class
17. Determine how to use an ATM
18. Explore guardianship/conservatorship.

### **Recreation and leisure**

1. Develop and carry out a four week exercise plan.
2. Attend a play or a musical.
3. Join a school club or sport team.
4. Attend a school function.
5. Attend one school dance.
6. Call the local YMCA or YWCA and inquire about what programs are available.
7. Develop a one-week vacation plan.
8. Read a book "just for fun".
9. Take a community education class.
10. Apply for a library card.
11. Visit at least 2 city or state parks
12. Share a skill you have with another

### **Community Participation.**

1. Join a community or church youth group.
2. Attend a school board or city council meeting.
3. Volunteer your services to a community or private group for one hour per week for two months.
4. Take a bus to location to which you would normally get a ride or drive.
5. Spend a morning or afternoon in court.
6. Register to vote.
7. Register with the selective service.

8. Apply for a driver's license.
9. Introduce the participants at the next IEP meeting
10. Volunteer to help for a church or charity function
11. Visit a nursing home resident

April 2015