

**TRANSITION PATHFINDERS (AGES 18-29):** This course is designed for individuals needing support with approaching life changes as they transition into adulthood. During the process of completing each module, participants will be engaged in self exploration, assertiveness training and using executive functioning strategies to build a personalized vision project. Participants will work collaboratively to develop accountable, action plans which support realistic goals for becoming contributing citizens at home and in the local community. Participants will become self advocates, problem solvers and collective planners designing a future that align with each individual's unique strengths and challenges.

**PROGRAM SCHEDULE:** Every Wednesday Afternoon (1:30 to 3:00 PM)

**PROGRAM FEES:** \$175 Per Module (4 Weeks/Per Module)

**START DATE:** September 2, 2020

MODULE	THEMES	ACTIVITIES
<b>Module 1</b> Intro to Transition Planning	<ul style="list-style-type: none"> <li>• What's in a Transition Plan?</li> <li>• Taking Ownership</li> <li>• Looking at the Bigger Picture</li> </ul>	<ul style="list-style-type: none"> <li>• Me Binder</li> <li>• Sample Plans</li> <li>• Owning your ideas</li> </ul>
<b>Module 2</b> What is Self Determination	<ul style="list-style-type: none"> <li>• Self Exploration</li> <li>• Being Assertive</li> <li>• Making Choices</li> </ul>	<ul style="list-style-type: none"> <li>• Self Assessments</li> <li>• Choice Boards</li> <li>• Assertive Scenarios</li> </ul>
<b>Module 3</b> Advocating for Yourself	<ul style="list-style-type: none"> <li>• What is Self Advocacy?</li> <li>• Mentors, Helpers and Being Independent</li> <li>• SMART Goals</li> </ul>	<ul style="list-style-type: none"> <li>• Sandwich Statements</li> <li>• SMART Goal Planning</li> <li>• Using a Planner</li> </ul>
<b>Module 4</b> Building A Lifestyle Vision	<ul style="list-style-type: none"> <li>• Mindful Platters</li> <li>• Balancing Your Life</li> <li>• Articulating your Vision</li> </ul>	<ul style="list-style-type: none"> <li>• Sharing Stories</li> <li>• Creating a Vision Board</li> <li>• Assessment</li> </ul>
<b>Module 5</b> Responsible Decision Makers	<ul style="list-style-type: none"> <li>• Evaluating your Priorities</li> <li>• Recognizing Your Responsibilities</li> <li>• Following Through on Plans</li> </ul>	<ul style="list-style-type: none"> <li>• Reality Checkpoint</li> <li>• Get Ready, Do Done</li> <li>• Self Evaluations</li> </ul>
<b>Module 6</b> Life Problem Solving	<ul style="list-style-type: none"> <li>• How Mistakes Make You Learn</li> <li>• Pros, Cons and Consequences</li> <li>• Asking for Help</li> </ul>	<ul style="list-style-type: none"> <li>• Problem Solving Model</li> <li>• Strengths and Challenge Chart</li> <li>• Sandwich Statements 2</li> </ul>
<b>Module 7</b> Connecting to Community	<ul style="list-style-type: none"> <li>• Community Supports</li> <li>• Networking That Works</li> <li>• Creating Your Space</li> </ul>	<ul style="list-style-type: none"> <li>• Community Mapping</li> <li>• Contacts List</li> <li>• Vision to Reality</li> </ul>
<b>Module 8</b> Self Promotion Presentations	<ul style="list-style-type: none"> <li>• Being Your Best Self</li> <li>• Confidence Boosters</li> <li>• Sharing Your Story</li> </ul>	<ul style="list-style-type: none"> <li>• Me Binder Presentations</li> <li>• Evaluations</li> </ul>

\*Please note, Module content and/or order of delivery date is subject to change based on curricular revisions to accommodate student profiles and continuity of learning trends. Please check your monthly program news for updates.