Ventura County SELPA
Joanna V. Della Gatta, Executive Director

www.vcselpa.org

Transition Resources for Diploma-Bound High School Students with Autism



For more information contact: Regina Reed Director, Personnel Development rreed@vcoe.org

Introduction

High School students with Autism may be able to meet all requirements for credits and statewide testing and obtain a high school diploma. However, these students may be poorly prepared to embrace the demands of independent living, college, and employment.

People with Autism often have additional challenges in the areas of social, language and adaptability that can impact competence in adult life. The Special Education Case Manager of the student with Autism who takes general education classes for all or most of the school day must keep these areas in mind when working with the student in developing the plan for Transition to Adult Life.

This booklet was designed to assist the Case Manager in considering all areas related to transition in which the student may have needs. Some of these needs will result in Annual Goals and Transition Services as part of the IEP.

Since many of these students are in Special Education classes for a small portion of the day, school staff must be creative in finding ways to address these goals and services. Some areas may be addressed by parent worksheets or activities that can be performed at home. Others may need to be addressed in a "pull out" model or in a Directed Studies class.

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Fran Arner-Costello, Director, Programs & Services, Chief Editor

Denise Pannel, Special Education Teacher, Ventura County Office of Education Sharon Bass-Sicanoff, Program Specialist, Simi Valley Unified School District Alexis Teplitz, Parent of a Child with Autism Sarah Fontenot, Secretarial Support

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Transition Skills Checklist

This checklist lists areas in which teens with autism may need additional education and training. After transition counseling, use the checklist to identify any areas of need. See the "Goals" section for goals that correlate with each of the items on the checklist.

Transition Skills Checklist

 □ Communicating on telephone □ Communicating by email/text
2
3. ☐ Finances
4. □ Hygiene and Grooming
5. ☐ Diet/Nutrition/Fitness
6. ☐ Household Care
7. ☐ Friendships
8. □ Dating/Healthy Sexual Choices
 □ Participating in Recreational/Leisure Activities
10. □ Accessing Health and Dental Care
11. ☐ Living with others
12. ☐ Safety/emergency help
13. □ Meal Prep
14. □ Driving a Car
15. ☐ Using Public Transportation
Training/Education:
□ Identifying Schools/Institutions
2. Application/Financial Aid
3. ☐ Advocating for self on campus
4. ☐ Interacting appropriately in classroom
5. Using computer/Internet
6. ☐ Note taking
7. Writing skills
8. Conducting research
9. ☐ Living with others in dorms
Employment:
□ Identifying career goals aligned with personal interests and qualitie
2. □ Prerequisite skills for desired career
3. □ Interviewing
□ Asking for help from employer
5. □ Following verbal directions
6. ☐ Comprehending written notes/memos
7. ☐ Speaking/acting appropriately in the workplace
8. ☐ Respect for others in workplace (colleagues and customers)
9. ☐ Disagreeing/solving problems appropriately
10. □ Appropriate two-way conversations
11. ☐ Grooming for work
12. □ Punctuality for work
13. ☐ Resume/Application for work

IEP Goals by Area

IEP Goals presented here are from the Ventura County SELPA SESP IEP Software Goals Bank unless there is <u>no</u> number. The area at right indicates the section of the goals bank in which the goal is found.

We have suggested some goals which are not found in the goals bank. If you want to use them, type them in and save in your favorites.

IEP Goals that correlate with items on the Transition Checklist

Independent Living

1. Communication on telephone

9382	will correctly use the phone at work	Transition
9453	will answer the telephone and take an accurate written message using role-	Transition
	play situations	
9520	will dial a telephone number and ask for information (business hours,	Transition
	ordering information, etc.) using role play situations	
9552	will answer the telephone and take an accurate written message	Transition

2. Communication by email/text

No # will communicate appropriately by email/text

3. Finances

9312 9313 9314 9315 9316 9317 9318 9319 9320 9321 9359 9364	will wait appropriately in bank line will conduct transaction will teller at bank will apply for bank account will complete savings account deposit/withdrawl will endorse check will apply for an ATM card will use a bank card to make a simple purchase will balance a sample budget using a calculator will develop a budget for living independently based on average rents will explain information on payroll stub will keep track of expenses using a calculator will maintain a checking account using a calculator to balance	Transition
9459 9478 9479 9480 9481 9484 9490 9491	expenses/income will complete an application for social security card will use an ATM for simple transactions will verbalize hourly/monthly income will make a monthly budget will keep track of expenses using a calculator will complete a W-4 form will calculate wages earned based on hours worked at a given hourly wage will calculate wages earned based on hours worked at a given hourly wage minus benefits and taxes will complete a simple State tax form without assistance	Transition Transition Transition Transition Transition Transition Transition Transition
9493 9605 9606 9607 9650 9655	will compute percent of withholding on pay check will open a checking account will write a check will balance a checkbook will place money/ATM card into wallet before leaving bank/store will keep a file of work papers/checkstubs/resumes/reference information	Transition Transition Transition Transition Transition Transition Transition

4.	Hygiene and Grooming	
9644 9645 9648	will fold clothing will hang clothing will identify healthy grooming traits from a list of both healthy and unhealthy grooming traits	Transition Transition Transition
5.	Diet/Nutrition/Fitness	
4203 4204 4206 4207 4208 4209 4210 9574 9575	will demonstrate stretching exercises (independently or with prompts) will jog/walk laps and decrease time by seconds will use an exercise bike will walk on a treadmill will demonstrate an aerobic routine will use weight machines, performing repetitions at each station will perform sit-ups, with knees bent, arms across chest in one minute will identify strategies for relaxations will identify strategies to reduce anxiety	Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Transition
6.	Household Care	
9408 9409 9410 9652	will sort clothes to wash will load washing machine, add soap and turn on will fold/hang clothing will identify days of personal meetings/appointments	Transition Transition Transition Transition
7.	Friendships	
7 . 9664	Friendships will initiate a verbal/nonverbal response that is appropriate to the social context	Transition
	will initiate a verbal/nonverbal response that is appropriate to the social	Transition Social/Emotional
9664	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social	
9664 4482	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers	Social/Emotional
9664 4482 4484 4497 4518	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults)	Social/Emotional Social/Emotional Social/Emotional Social/Emotional
9664 4482 4484 4497 4518 4519	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults)	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional
9664 4482 4484 4497 4518	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults) will exhibit proper (body stance, posture, distance)when interacting with	Social/Emotional Social/Emotional Social/Emotional Social/Emotional
9664 4482 4484 4497 4518 4519 4520	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults)	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional
9664 4482 4484 4497 4518 4519 4520 4521	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults) will exhibit proper (body stance, posture, distance)when interacting with (peers, adults) will interact positively with peers will display appropriate emotions in an interpersonal situation with (peers, adults)	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional
9664 4482 4484 4497 4518 4519 4520 4521 4524 4525 4604	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults) will exhibit proper (body stance, posture, distance)when interacting with (peers, adults) will interact positively with peers will display appropriate emotions in an interpersonal situation with (peers, adults) will decrease interruptions when others are talking	Social/Emotional
9664 4482 4484 4497 4518 4519 4520 4521 4524 4525 4604 4607	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults) will exhibit proper (body stance, posture, distance)when interacting with (peers, adults) will interact positively with peers will display appropriate emotions in an interpersonal situation with (peers, adults) will decrease interruptions when others are talking will initiate conversations with peers	Social/Emotional
9664 4482 4484 4497 4518 4519 4520 4521 4524 4525 4604 4607 4608	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults) will exhibit proper (body stance, posture, distance)when interacting with (peers, adults) will interact positively with peers will display appropriate emotions in an interpersonal situation with (peers, adults) will decrease interruptions when others are talking will initiate conversations with peers will make positive comments to peers	Social/Emotional
9664 4482 4484 4497 4518 4519 4520 4521 4524 4525 4604 4607	will initiate a verbal/nonverbal response that is appropriate to the social context will initiate a (verbal/nonverbal) response that is appropriate to the social context will use the (word, sign) "thank you" when appropriate to peers or staff will respond to social initiation cues from peers will use appropriate facial expressions when interacting with (peers, adults) will use appropriate gestures when interacting with (peers, adults) will use appropriate eye contact when interacting with (peers, adults) will exhibit proper (body stance, posture, distance)when interacting with (peers, adults) will interact positively with peers will display appropriate emotions in an interpersonal situation with (peers, adults) will decrease interruptions when others are talking will initiate conversations with peers	Social/Emotional

context

8.	Dating/Healthy Sexual Choices	
4570 4602 4606	will reduce incidence of lewd and suggestive remarks from baseline will listen attentively when peers are talking will respond verbally appropriately to conversations of peers	Social/Emotional Social/Emotional Social/Emotional
9.	Participating in Recreational/Leisure Activities	
4214 4216 4217 4218 4219 4220 4221 4533 4534	will participate in a recreation/leisure course at the local community college will order tickets to from Internet will identify adult sports teams in areas of interest in the community will identify places of worship of interest in the community will read movie schedule in newspaper and list movies of interest will read movie schedule in newspaper and locate times for movie selected will rent videos independently will identify strategies for relaxation will identify strategies to reduce anxiety	Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Recreation/Leisure Social/Emotional Social/Emotional
10.	Accessing Health and Dental Care	
4332 4347	will take own medication as per schedule prescribed by doctor, under supervision of nurse, health aide, teacher will make a (doctor, dental) appointment	Self Help/Domestic Self Help/Domestic
4348	will show Health Insurance Card upon request	Self Help/Domestic
11.	1 to the second the section of	•
11.	Living with others	
4457 4458 4529	will use appropriate language to tell a peer why he/she is angry will state anger rather than using physical violence will interact with peers using the agreed-upon problem solving model to find a solution to a group situation	Social/Emotional Social/Emotional Social/Emotional
4457 4458	will use appropriate language to tell a peer why he/she is angry will state anger rather than using physical violence will interact with peers using the agreed-upon problem solving model to find	Social/Emotional
4457 4458 4529 4530 4553	will use appropriate language to tell a peer why he/she is angry will state anger rather than using physical violence will interact with peers using the agreed-upon problem solving model to find a solution to a group situation will use the agreed upon problem solving model independently to find appropriate solutions to a problem which he/she is personally involved in will verbally discuss negative feelings instead of acting them out will (ignore, give an appropriate verbal response) when teased, criticized or	Social/Emotional Social/Emotional Social/Emotional
4457 4458 4529 4530 4553 4555	will use appropriate language to tell a peer why he/she is angry will state anger rather than using physical violence will interact with peers using the agreed-upon problem solving model to find a solution to a group situation will use the agreed upon problem solving model independently to find appropriate solutions to a problem which he/she is personally involved in will verbally discuss negative feelings instead of acting them out will (ignore, give an appropriate verbal response) when teased, criticized or bothered by a peer	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional
4457 4458 4529 4530 4553 4555 4557 12. 9510 9516 9628	will use appropriate language to tell a peer why he/she is angry will state anger rather than using physical violence will interact with peers using the agreed-upon problem solving model to find a solution to a group situation will use the agreed upon problem solving model independently to find appropriate solutions to a problem which he/she is personally involved in will verbally discuss negative feelings instead of acting them out will (ignore, give an appropriate verbal response) when teased, criticized or bothered by a peer will ignore inappropriate behavior of others Safety/emergency help will use a pay phone to dial 9-1-1 will call (taxi, parent, friend) for a ride will supply basic personal information by showing ID car (e.g. name, address, pone number)	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition
4457 4458 4529 4530 4553 4555 4557 12. 9510 9516	will use appropriate language to tell a peer why he/she is angry will state anger rather than using physical violence will interact with peers using the agreed-upon problem solving model to find a solution to a group situation will use the agreed upon problem solving model independently to find appropriate solutions to a problem which he/she is personally involved in will verbally discuss negative feelings instead of acting them out will (ignore, give an appropriate verbal response) when teased, criticized or bothered by a peer will ignore inappropriate behavior of others Safety/emergency help will use a pay phone to dial 9-1-1 will call (taxi, parent, friend) for a ride will supply basic personal information by showing ID car (e.g. name,	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Transition Transition

14. Driving a Car

1731 1732 1733 1734	will list companies offering behind the wheel training will pass driver education course will earn a score or better on a practice driving test will earn a Learner's Permit/Driver License	Community Access Community Access Community Access Community Access
15.	Using Public Transportation	
1752 1753 1754 1755 1756 1757 1758 1759 1760 1761 1762 1763 1764 1765 1766	will ride on public bus with a companion, observing proper etiquette will locate bus stop will wait for correct bus (matching number, using card) will climb bus stairs will identify appropriate bus number will drop coins into slot on bus will pay bus driver with correct change will show bus pass to driver will find a seat on the bus and sit, observing proper etiquette will indicate stop by (telling driver, pushing strip, pushing button, pulling cord) will exit bus at correct stop will request a transfer slip from driver will read a bus schedule and determine appropriate time/route for destination will travel independently to on public bus will call for a (taxi, Dial-a-Ride, other door to door transportation)	Community Access

Training/Education

1. Identifying Schools/Institutions

9280	will go online and identify colleges that have a training course/degree in a field of interest	Transition
9287 9292	will apply at colleges of interest will state required courses for California State Universities and develop a	Transition Transition
0202	schedule for completing them in the remaining years of high school	T G T G T G T G T G T G T G T G T G T G
9296	will list colleges that have graduate programs in field of interest	Transition
9687	will go online and list schools that offer training in an area of interest	Transition
2.	Application/Financial Aid	
9276	will take community college placement tests	Transition
9279	will list average costs of one semester at colleges of interest	Transition
9281	will identify sources of financial aid for college	Transition
9282	will identify sources for financial aid for specific disabilities	Transition
9283	will fill out FAFSA application	Transition
9286	will complete practice college applications	Transition
9288	will enroll in Community College	Transition
9337	will meet with a counselor or representative from the community college or trade school of interest	Transition
3.	Advocating for self on campus	
9285	will visit Disabled Student Programs at a college of interest and write	Transition
9289	will develop a brief informational sheet for college instructors which outlines requests for accommodations	Transition
9522	will request accommodations/modifications from a teacher in a general education class	Transition
9632	will state disability and accommodations/modifications needed appropriately	Transition
9635	will request appropriate accommodations from general education class teachers/work supervisors	Transition
9636	will ask for help with difficult assignments	Transition
4500	will raise hand and ask for help if needed	Social/Emotional
4.	Interacting appropriately in classroom	
9654	will keep a notebook with class papers filed in appropriate sections	Transition
9670	will work cooperatively in group lesson	Transition
4491	will spontaneously raise hand to participate in group lesson	Social/Emotional
4493	will sit quietly, raise hand and maintain proper eye contact during group lesson	Social/Emotional
4509	will bring required materials (notebook, pencils, calculator) to class	Social/Emotional
4513	will keep a daily assignment notebook of class assignments and homework	Social/Emotional
	expectations	
4571	will refrain from loud, unnecessary conversation during class time	Social/Emotional
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	, , ,	

4605	will participate in class discussions	Social/Emotional
5.	Using computer/Internet	
9358 9360 9362 9363 9418 9695	will use a computer to store and access information will access information from a CD or internet using a computer will save information from a computer on a CD or flash drive for future use will open a file on the school computer for storing assignments will enter information into a computer will complete a computer class in	Transition Transition Transition Transition Transition Transition Transition
6.	Note Taking	
9353	will demonstrate accurate outlining/note taking skills	Transition
7.	Writing Skills	
9342 9343 9344 9354 9385	will locate words in a dictionary will use the dictionary to find definitions will use spell check to find correct spelling of words will develop an outline for a topic using notes from reference materials will write a persuasive paragraph or letter of suggestion about improving a local system	Transition Transition Transition Transition Transition
8.	Conducting Research	
9345 9346 9347	will located books using a card catalogue or computer system will locate information in a text using the index and table of contents will locate terms using a glossary	Transition Transition Transition
9.	Living with others in dorms	
4529	will interact with peers using the agreed-upon problem solving model to find a	Social/Emotional
4530	solution to a group situation will use the agreed upon problem solving model independently to find	Social/Emotional
4553 4555	appropriate solutions to a problem which he/she is personally involved in will verbally discuss negative feelings instead of acting them out will (ignore, give an appropriate verbal response) when teased, criticized or bothered by a peer	Social/Emotional Social/Emotional
4557 4609 4621	will ignore inappropriate behavior of others will offer to help fellow students will interact with peers/adults in an appropriate and mature manner	Social/Emotional Social/Emotional Social/Emotional

Employment

1. Identifying career goals aligned with personal interests and qualities

9339 9341 9357	will use an online program to view occupations of interest will attend a career day or faire will attend a career faire and report requirements for two career	Transition Transition Transition
9361	presentations will access a career exploration site or program at the school library/computer lab/career center to identify 3 possible job interests	Transition
9444	will locate businesses affiliated with a personal career interest in the white and/or yellow pages	Transition
9454	will write paragraphs based on a career interest using correct form, spelling and grammar	Transition
9553	will interview someone in a job or career of interest and write	Transition
9554	will attend a presentation at the career center by someone employed in an area of interest and list job requirements	Transition
9555	will participate in a job shadow in the community in an area of interest and list job requirements	Transition
9581	will identify specific careers of interest	Transition
9582	will visit a job of interest in the community and write things he/she likes about the job	Transition
9584	will attend a career faire and list jobs of interest	Transition
9585	will do three hours of job shadow in the community in a job of potential interest and write up experiences	Transition
9586	will participate in a field trip/industry tour to learn more about a specific job or industry and state	Transition
9587	will participate in hours of internship with a potential employer or in an area of interest and write XXXXX	Transition
9588	will research three potential jobs and write a report on the job prerequisites, pay, and/or availability	Transition
9589	will articulate career goal (verbally/in writing)	Transition
9590	will complete a career interest survey and list	Transition
9591	will complete a career skills assessment and list	Transition
9592	will go online and explore career of interest and list typical prerequisites and average pay	Transition
9593	will go online and explore career of interest and listjobs in that area the seem attainable	Transition
9598	will apply at the Department of Rehabilitation	Transition
2.	Prerequisite skills for desired career	
9460	will write a letter to a business or association for information about an area of career interest	Transition
9579	will identify personal skills that can be applied to a job setting	Transition
9580	will identify requirements for a job in different areas of interest	Transition
9583	will explore career interests and write about likes/dislikes and/or requirements for the job	Transition

3.	iewing

9564	will respond appropriately to typical interview questions in a role playing	Transition
9004	will respond appropriately to typical interview questions in a role playing situation	Hansilon
9671	will appropriately introduce self to potential employer	Transition
4.	Asking for help from employer	
9329	will ask for assistance from supervisor if needed	Transition
9384	will accurately identify supervisor and chain of command at the work site	Transition
9396	will ask supervisor if unsure how to use a tool	Transition
9419	will ask for assistance from supervisor if needed	Transition
9421 9447	will ask supervisor where a tool/piece of equipment goes if unsure will define vocabulary words commonly included in employment rights	Transition Transition
3447	guidelines	Transition
9523	will request accommodation from an employer	Transition
9563	will ask supervisor for help in a difficult situation on the worksite	Transition
9567	will plan action steps in resolving a problem	Transition
9569	will use the agreed upon problem solving model to address a hypothetical situation	Transition
9608	will make an appointment for haircut/hair styling/manicure	Transition
9631	will request accommodations needed for the job	Transition
9632 9634	will state disability and accommodations/modifications needed appropriately will ask for assistance from supervisor if needed	Transition Transition
9635	will request appropriate accommodations from general education class	Transition
	teachers/work supervisors	
9680	will request accommodations from employer/teacher	Transition
	- 1	T T GITTOTTI OTT
4456	will use appropriate language to ask for help when frustrated	Social/Emotional
4456 5 .	·	
5.	will use appropriate language to ask for help when frustrated Following verbal directions	Social/Emotional
	will use appropriate language to ask for help when frustrated	
5 . 9430 9545 9546	will use appropriate language to ask for help when frustrated Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction	Social/Emotional Transition Transition Transition
5 . 9430 9545 9546 4470	will use appropriate language to ask for help when frustrated Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure	Social/Emotional Transition Transition Transition Social/Emotional
5 . 9430 9545 9546 4470 4471	will use appropriate language to ask for help when frustrated Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction	Transition Transition Transition Transition Social/Emotional Social/Emotional
5 . 9430 9545 9546 4470	will use appropriate language to ask for help when frustrated Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure	Social/Emotional Transition Transition Transition Social/Emotional
5 . 9430 9545 9546 4470 4471	will use appropriate language to ask for help when frustrated Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction	Transition Transition Transition Transition Social/Emotional Social/Emotional
5 . 9430 9545 9546 4470 4471 4573	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos	Transition Transition Transition Transition Social/Emotional Social/Emotional
5.9430954595464470447145736.94289429	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos	Transition Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition
5 . 9430 9545 9546 4470 4471 4573 6 . 9428 9440	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks	Transition Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Transition
5. 9430 9545 9546 4470 4471 4573 6. 9428 9429 9440 4473	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks will follow a part verbal direction	Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Transition Transition Social/Emotional
5 . 9430 9545 9546 4470 4471 4573 6 . 9428 9440	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks will follow a part verbal direction	Transition Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Transition
5. 9430 9545 9546 4470 4471 4573 6. 9428 9429 9440 4473	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks will follow a part verbal direction	Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Transition Transition Social/Emotional
5. 9430 9545 9546 4470 4471 4573 6. 9428 9429 9440 4473 4504 7.	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks will follow a part verbal direction will read directions prior to beginning a task, if required Speaking/acting appropriately in the workplace	Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Transition Transition Social/Emotional
5. 9430 9545 9546 4470 4471 4573 6. 9428 9429 9440 4473 4504	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks will follow a part verbal direction will read directions prior to beginning a task, if required	Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Transition Social/Emotional Social/Emotional
5. 9430 9545 9546 4470 4471 4573 6. 9428 9429 9440 4473 4504 7.	Following verbal directions will read directions on a worksheet will follow directions given with verbal instructions will follow a part verbal direction will accept directions from an authority figure will respond appropriately to instruction will respond appropriately to changes in schedule Comprehending written notes/memos will read and follow step directions for a job or task will locate directions on a worksheet will follow a written schedule to complete job tasks will follow a part verbal direction will read directions prior to beginning a task, if required Speaking/acting appropriately in the workplace will finish assignments/work on time	Transition Transition Transition Social/Emotional Social/Emotional Social/Emotional Transition Transition Transition Social/Emotional Social/Emotional Transition

9416 4458 4461 4462 4463 4572 4586 4594	will observe safety rules on the job will state anger rather than using physical violence will continue working when frustrated will demonstrate self-control while in a stressful situation will request a "time-away" when in a stressful situation will remain calm when things do not happen as expected will work independently alongside a small group of peers will share work space with peers	Transition Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional
4611 4612 4616	will speak in an appropriate voice tone when speaking to (adults/peers) will use an appropriate volume when speaking to peers/adults will use appropriate greetings with peers/adults	Social/Emotional Social/Emotional Social/Emotional
4617 4620	will make relevant comments when speaking to (adults/peers) will choose appropriate interactions with peers during free time	Social/Emotional Social/Emotional
8.	Respect for others in workplace (colleagues and customers)	
9323 9365 9373 9379	will maintain a neat and orderly work space will work cooperatively in group situations will treat customer/co-workers courteously will work cooperatively in group situations with people who are of a different	Transition Transition Transition Transition
9380	race, sex, religion will decrease inappropriate language/symbols/epithets that are racial/sexist/prejudiced	Transition
9420 9573	will maintain a neat and orderly work area will identify internal and physical indicators of stress that may lead to behavioral outbursts	Transition Transition
9577 9669 4484 4494 4531	will work cooperatively in group situation will treat customer/co-workers courteously will use the (word, sign) "thank you" when appropriate to peers or staff will work cooperatively in group situations will identify internal and physical indicators of stress that may lead to behavioral outbursts	Transition Transition Social/Emotional Social/Emotional Social/Emotional
No # No # No # No #	will refrain from touching/accessing co-workers belongings will clean up the lunch/break area after finishing lunch will let a co-worker in a rush make copies first will decrease number of repetitive questions to supervisor or co-workers	
9.	Disagreeing/solving problems appropriately	
9448 9536 9541	will define vocabulary words commonly associated with labor unions will apologize to others as appropriate will verbalize his/her feelings using an "I" statement rather than a blame statement when upset	Transition Transition Transition
9556 9558 9572	will identify alternative positive solutions to a problem will write pros/cons list to make a decision will use the agreed-upon problem solving model to find appropriate	Transition Transition Transition
9638 9660 9666 4460	solutions to a personal problem will ask for a break if feeling frustrated on the job will ignore inappropriate behavior of others will respond in a non-aggressive manner to staff when corrected will respond in a non-aggressive manner to staff when corrected	Transition Transition Transition Social/Emotional

4486 4575 4610	will (sign, verbalize) to staff need to leave and activity will apologize for misbehavior when confronted with a misdeed will apologize to others as appropriate	Social/Emotional Social/Emotional Social/Emotional
10.	Appropriate two-way conversations	
4602 4603 4604 4606 4607 4608 4610 4611 4612 4615 4616 4617 4620 4621 9524 9527	will listen attentively when peers are talking will speak with permission or in turn will decrease interruptions when others are talking will respond verbally appropriately to conversations of peers will initiate conversations with peers will make positive comments to peers will apologize to others as appropriate will speak in an appropriate voice tone when speaking to (adults/peers) will use an appropriate volume when speaking to (adults/peers) will make appropriate comments in response to praise will use appropriate greetings with (adults/peers) will make relevant comments when speaking to (adults/peers) Will choose appropriate interactions with peers during free time will interact with peers/adults in an appropriate and mature manner will modify/clarify statements upon listener's request will use appropriate intensity/rate of speech/prosody of speech/volume when	Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Social/Emotional Transition
9528	speaking will use effective eye contact when communicating with co-workers or	Transition
9529	colleagues will use effective facial expressions when communication with co-workers or colleagues	Transition
9530	will use effective body posture and movement when communicating with co- workers or colleagues	Transition
9531	will use effective distance and spatial relationships when communicating with co-workers or colleagues	Transition
9532	will speak with permission or in turn when communicating with co-workers or colleagues	Transition
9533 9534 9535 9537 9538 9539 9540 9547	will respond verbally to comments/questions from peers or co-workers will initiate conversations with peers or co-workers will make positive comments to peers or co-workers will use an appropriate volume when speaking to peers/adults will use appropriate comments in response to praise will use appropriate greetings with peers/adults will respond verbally when spoken to by a teacher or co-worker will decrease interruptions when others are talking	Transition Transition Transition Transition Transition Transition Transition Transition Transition
11.	Grooming for work	
9642 9643 9646 9647 9656	will choose clothing appropriate to activity or event will maintain appropriate hygiene for the job will groom appropriately for the job will wear proper uniform/clothing for the job will identify appropriate clothing to purchase for a job	Transition Transition Transition Transition Transition

12. Punctuality for work

9304 9486 9614 9626 9627 9677	will take breaks and return on time will use time card/time clock at work will be at work and ready to begin when shift begins will take breaks and return on time will travel independently to/from work using will arrive on time	Transition Transition Transition Transition Transition Transition
13.	Resume/Application for work	
9332	will identify three references for a job and ask them for letters of reference or to be references on an application	Transition
9333	will contact three employers for applications	Transition
9334	will contact the human resources department of a prospective employer to apply for employment	Transition
9443	will read a "notice of position available" and answer questions about the notice	Transition
9445	will demonstrate comprehension of vocabulary words commonly used in resume writing	Transition
9446	will correctly spell words commonly used in resume writing	Transition
9456	will complete an application for employment	Transition
9457	will compose a letter of application using correct form, spelling and grammar	Transition
9458 9595 9596 9597	will compose a resume using correct form, spelling and grammar will apply for jobs in the community will complete a resume for employment application will access EDD and identify available jobs of interest	Transition Transition Transition Transition

Activities and and Resources by Area

Independent Living

The activities and resources included here are organized to correlate with many of the "Independent Living" items from the checklist.

Emails

Tips to remember:

- Using all caps sounds like shouting or anger to the recipient.
- Don't forward other people's emails if they don't want you to.
- Be careful who you send things to...some things that are funny in person are rude in print.
- Never send jokes or cartoons that are sexually explicit or racially inappropriate.

Practice emailing your teacher:

- 1. Send an email requesting information. Be sure to use appropriate greeting, tone and signature.
- 2. Send an email expressing concern.
- 3. Forward an email back to your teacher that requires deleting an earlier message from someone else.
- 4. Send an email saying you will not be able to make an appointment.

<u>Special School District of St. Louis County</u> <u>Social Skills</u>

Disabilities

Autism, Aspergers, LD, ED, MR & AD/HD

Level:

Pre K-12

Description of program:

Reproducible lesson plans (about 100), worksheets, activities. The curriculum includes reproducible copies of everything needed to set up a social skills program.

Lesson design: Define skill, Modeling, Role-play, Feedback, and Homework

Setting:

Small group

Publisher:

Special School District of St. Louis County 12110 Clayton Rd. Town & Country, MO 63131 314-989-8100 www.ssd.k12.mo.us

Cost:

\$ Cost of copies



<u>Asset-A Social Skills Program for Adolescents</u> by J. Stephen Hazel, Dr. Jean Bragg Schumaker

Disabilities:

ED, AD/HD, HF Autism

Level:

Middle School (4th-8th grade)

Description of program:

Video based training program-32 activities

Setting:

Group Regular class

Publisher:

Research Press 800-519-2707 Dept. 22W PO Box 9177 Champaign, IL 61826 www.researchpress.com

Cost:

Item 4860 \$795.00 Video (set of 8) Research Press Publishers - Established 1968



<u>Autism & PDD: Social Skills Lessons</u> by: Pam Britton Reese, Nena C. Challenner

Disabilities:

Asperger, Autism, PDD

Level:

Pre-K through High School

Description of program:

5 workbooks, 1 per topic- social skills at home, school, community, getting along, and behavior.

Each workbook has 40 lessons in rebus form.

<u>Setting:</u>

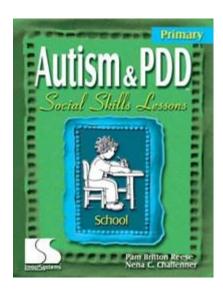
Small group Individual

Publisher:

Lingui Systems 800-776-4332 www.linguisystems.com/autism.html

Cost:

\$109.75 complete set \$21.95 each



Getting to Know You by Dennis Hanken, Ed.S. & Judith Kennedy, Ed.S.

Disabilities:

AD/HD, Autism

Level:

Kindergarten- High School

Description of program:

65 lessons 7 areas of focus

Setting.

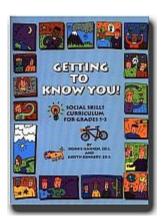
Group lesson

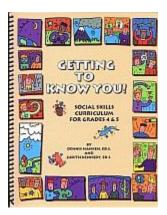
Publisher:

Youth Light www.youthlight.com

Cost:

\$29.95





Navigating the Social World by Jeanett L. McAfee, M.D.

Disabilities:

Autism, Language, Social Skills, and Aspergers

Level:

All ages

Description of program:

This is a self-paced program

This "how to" book is written both for the novice and experienced professional and will be of enormous value to parents, teachers, and therapists.

<u>Setting:</u>

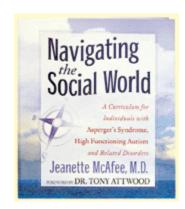
Most of the programs in this book can be used either in individual work with a single student or in small group settings.

Publisher:

Future Horizons 800-489-0727 www.futurehorizons-autism.com

Cost:

\$49.95 regular price



Problem Solver by Patti Waldo

An Educational Activity to Reinforce Problem Solving Skills during Adolescence

Disabilities:

ED, ADHD, HF Autism, AS

Level:

5th-12th grade (MS/HS)

Description of program:

Game to practice problem-solving skills, the activity is based on 5 skill steps:

Identify problem
Assume responsibility
Identify solutions
Try solutions
Try other solutions

<u>Setting</u>:

Small group (2-6 players)

Publisher:

Thinking Publications
POB 163
Eau Claire WI 54702
800-225-4769
www.thinkingpublications.com

Cost:

\$49.00



Ready-to-Use Social Skills Lessons and Activities Library by Ruth Weltmann Begun

Disabilities:

Based on developmental theory so could be adapted for students functioning at any level. Requires some writing skill.

Level:

Pre K-Kindergarten; Grades 1-3; 4-6; 7-12

Description of program:

Teachers lead, direct instruction and experiential activities. Each lesson has stories, films, poems and questions that can be used to make the skill concrete. Has a home-based component

Setting:

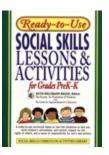
Classroom

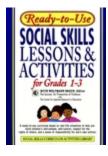
Publisher:

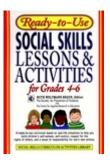
Wiley/Jossey-Bass, 10475 Crosspoint Bl. Indianapolis IN 46256 877-762-2974 www.josseybass.com

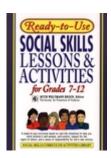
<u>Cost:</u>

\$29.95 each book









Skillstreaming the Adolescent by Dr. Arnold P. Goldstein and Dr. Ellen McGinnis New Strategies and Perspectives for Teaching Prosocial Skills

Disabilities:

ED, Autism, AD/HD

Level:

Adolescents

Description of program:

Video, scripts, handout/workbooks
50 skill lessons in 6 areas

Setting:

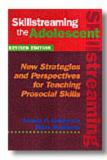
Role-play Individual Groups

<u>Publisher:</u>

Research Press 800-519-2707 Dept. 22W PO Box 9177 Champaign, IL 61826 www.researchpress.com

Cost:

\$19.95 book, \$12.95 manual, \$16.95 forms, \$25.00 cards, \$95.00 video, Set \$67.35



Social CommunicationActivities for Improving Peer Interactions and Self-Esteem

Disabilities:

LH, HF Autism

Level:

Ages 12-16 yrs.

Description of program:

Year long curriculum of 100 lessons for effective interpersonal communication skills

Setting:

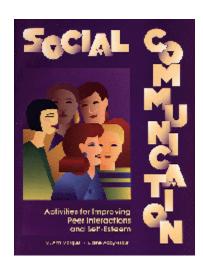
Role-play, separate group Class

Publisher:

Thinking Publications
POB 163
Eau Claire WI 54702
800-225-4769
www.thinkingpublications.com

Cost:

\$42.00





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- Colorado 55 and over
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DMV Practice Tests

Online Traffic School

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24x7 Support (English & Español): 1-888-651-AUTO

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LAUNDRY!

Arrange with your parents to do your own or the family's laundry. Have your parent check each step that you did <u>by yourself</u>.

STEPS	DATE	DATE	DATE	DATE
Sort clothes by color				
Place clothes in washer				
Select water size/temp				
Add soap				
Turn on				
Change to dryer				
Turn on dryer				
Fold and put away				
PARENT SIGNATURE:				

PREPARING SIMPLE MEALS!

Plan 5 meals you will make at home. Get the ingredients (you may need to go shopping) and prepare. Have your parents sign off on each.

Meal:	
Ingredients:	
Prepared: Date	Parent Signature
Meal:	
Ingredients:	
Prepared: Date	Parent Signature
Meal:	
Ingredients:	
	
Prenared: Date	Parent Signature

Meal:	
Ingredients:	
	- -
	- -
	- -
Prepared: Date	_Parent Signature
Meal:	
Ingredients:	
	- -
	- -
	- -
Prepared: Date	_Parent Signature

RENTS/MORTGAGES

Look in the paper and find 3 apartments or houses you would like to rent.

Location Number of bedrooms Cost per month Advantages	
Location Number of bedrooms	
Cost per monthAdvantages	
Location	
Number of bedrooms	
Cost per monthAdvantages	
Look in the paper and find condos/houses you would like to buy. Note the ourchase price and cost per month with a 30 year loan.	
Purchase	
5.5% interest	
1% property taxes	
Cost per month (divide by 30)	
Homeowners Insurance\$75/mo Total Monthly Payment	

CAR INSURANCE CALCULATOR

Go online and pick 3 auto insurance companies. If you have **minimum** comprehensive liability insurance coverage, what would be the costs if you were 20-25 years old.

1.	Company	
	Cost per year	per month
2.	Company	
	Cost per year	per month
3.	Company	
	Cost per year	per month

GAS MILEAGE CALCULATOR

1.	What is the distance between your home and where you hope to work?
2.	If you work 5 days a week, how many miles is that?
3.	Add in average of miles per week for other trips (fun, shopping, friends, etc.)
4.	Total average miles you'll drive per week
5.	What is the average price per gallon of gas?
6.	How much do you need to budget for gas
	each week per month

CAR PAYMENT CALCULATOR

Look in the paper and pick 3 cars/trucks that you would like to buy.

i. venicie _	
	Purchase price
	Tax (\$.725%)
	Interest rate (\$.675%)
	Total purchase price
	If you paid for 5 years (72 months), how much would you have to pay per month?
2. Vehicle	
_	Purchase price
	Tax (\$.725%)
	Interest rate (\$.675%)
	Total purchase price
	If you paid for 5 years (72 months), how much would you have to pay per month?
3. Vehicle	
	Purchase price
	Tax (\$.725%)
	Interest rate (\$.675%)
	Total purchase price
	If you paid for 5 years (72 months), how much would you have to pay per month?

Check Register

Date	Beginning Balance	Amount	Balance
	Bularioc		

XYZ Bank	Date
Payable to	
	Dollars \$
Memo	Signature
XYZ Bank	Date
Payable to	-
	Dollars \$
Memo	Signature
XYZ Bank	Date
Payable to	
	Dollars \$
 Memo	Signature

PAYING YOUR BILLS ACTIVITY

First of the month

Use pretend checks and check register to complete this activity.

Your paycheck is \$950.78 every two weeks. It is the first of the month and you just got paid. You had a balance of \$145.68 in your account. You have the following bills to pay:

- Rent-\$650.00
- Water, gas, electric-\$63.95
- Car insurance-\$100.00
- Credit Card- Your balance is \$179.00, but your minimum payment is \$22.75.

How much will you have left to spend on gas, food, and entertainment?



Middle of the month

You paid all your monthly bills with your first pay check. Now you have been paid \$950.78 again. You have \$52.63 in your account. You have the following bills:

- Cell phone \$54.73
- Health insurance \$77.92
- You still have an outstanding credit card balance of \$156.25

Pay your bills and show your balance.

WAGE CALCULATOR

if you were to make \$8.00 per r	nour, now much would you make:
Per week	Per month
List 3 jobs at that pay range:	
1	
2.	
3.	
If you were to make \$12.00 per	hour, how much would you make:
Per week	Per month
List 3 jobs at that pay range:	
1	
2	
If you were to make \$15.00 per	hour, how much would you make:
Per week	Per month
List 3 jobs at that pay range:	
1	
2	
3.	

HOW MUCH DOES IT COST TO LIVE HERE?

Get a local newspaper and search in the want ads.

1.	What community do you want to live in?
2.	Find 3 apartments/ houses you are interested in. For each, list:
	Area
	Number of bedrooms
	Monthly rent
	Area
	Number of bedrooms
	Monthly rent
	Area
	Number of bedrooms
	Monthly rent

COST OF LIVING!

Interview three people and ask	k them how much they pay per month on their bill
Person	
Rent/Mortgage	
Utilities	Phone
Credit Cards	
Auto Insurance	Gasoline
Food	TOTAL
Person	
Rent/Mortgage	
Utilities	Phone
Credit Cards	
Auto Insurance	Gasoline
Food	TOTAL
Person	
Rent/Mortgage	
Utilities	Phone
Credit Cards	
Auto Insurance	Gasoline
Food	TOTAL

SAMPLE BUDGET (SPENDING FOR SUCCESS) WORKSHEETS

http://www.easnetwork.com/eas/sample_budget_worksheets.asp



The Budget Worksheet to Match Your Expenses to Your Income

Estimate	ed Annual Gross Income	Initial		Revised	I
Estimate	ed Annual Net Income (Ax65%)	\$	(A)	\$	(A)
Estimate	ed Monthly Net Income (B/12)	\$	(B)	\$	(B)
Estimate	ed Monthly Expenses:	\$	(C)	\$	(C)
Rent/Mo	rtgage	\$		\$	
Utilities:					
	Gas/Oil	\$		\$	
	Electric	\$		\$	
	Water	\$		\$	
Telephor	ne	\$		\$	
Grocerie	S:				
	Food	\$		\$	
	Household Supplies	\$		\$	
Transpoi	rtation:				
	Subway/Bus	\$		\$	
	Gasoline	\$		\$	
	Car Maintenance	\$		\$	
	Other	\$		\$	
Educatio	n Loans	\$		\$	
Savings		\$		\$	
Credit Ca	ards	\$		\$	
Insuranc	ce:				
	Health	\$		\$	
	Life	\$		\$	
	Auto	\$		\$	
	Other	\$		\$	
Entertair	nment:			\$	
	Meals Away from Home	\$		\$	
	Movies/Concerts/Theaters	\$		\$	
	Health Club, etc.	\$		\$	

THE BUDGET WORKSHEET TO MATCH YOUR EXPENSES TO YOUR INCOME (CONTINUED)

Entertair	nment (<i>continued</i>):		
	Other	\$ 	\$
Personal	:		\$
	Clothes	\$ 	\$
	Grooming (e.g. haircut)	\$ 	\$
	Other	\$ 	\$
Miscellar	neous (specify):		\$
	Relocation	\$ 	\$
		\$ 	\$
		\$ 	\$
		\$ 	\$
Monthly	Budget	\$ (D)	\$ (D)
Total Liv	ing Budget (Dx12)	\$ (E)	\$ (E)
Annual S	Surplus/Deficit	\$ (B-E)	\$ (B-E)
Monthly	Surplus/Deficit	\$ (C-D)	\$ (C-D)

BUDGET (SPENDING FOR SUCCESS) WORKSHEET

Income Source	Estimated yearly total	Estimated monthly total
Money from Parents		
Money from Savings		
Salary		
Work-Study		
Scholarships		
Grants		
Loans		
Spouse's Wages		
Other		
Total Income	\$	\$
Expenses	Estimated yearly total	Estimated monthly total
Tuition		
Fees		
Loan interest payments		
Books/supplies		
Rent/housing		
Gas/electricity		
Telephone		
Internet Access/Cable TV		
Other		
Child Care		
Transportation Auto gas/maintenance		
Auto Insurance/Registration		
Auto Payment		
Public Transportation		
Parking		
Food Groceries		
Restaurants		
Snacks		
Clothing Clothes		
Laundry/Dry Cleaning		
Entertainment		
Credit Card Payments		
Medical/Dental		
Miscellaneous		
Total Expenses	\$	\$
TOTAL INCOME LESS TOTAL EXPENSES	\$	\$
	Available Funds	Available Funds

If your expenses are greater than your income, you'll need to reduce your expenses and/or supplementing your income. If you need help, consult with your financial aid office one of many free consumer counseling services.

INDEPENDENT LIVING GOALS

Dat	te		Na	me							_
Afte hop	_	to family,	trusted	friends,	and	my	teachers,	at	this	point,	I
Wit	thin one ye	ear of exitir	ng school								_
											_
											_
Wit	hin five ye	ears of exit	ing schoo	ol							_
											_
											_
Ma	ybe somed	day									_
											_
											_
Thi	ngs I need	l to work o	n now to	get the	re are	e:					
											_
											-
4.											_
5.											

Training/Education

These activities and resources correlate with many of the "Training/Education" items on the checklist.

ASSOCIATE DEGREE

Should I get an Associate Degree?

Community/Junior colleges offer two-year Associate Degree programs that are most often designed for students that want to transfer to a four-year college or university. Two-year colleges don't costs as much as four-year colleges and universities and usually accept anyone who has completed High School or has a GED.

What is an Associate Degree?

Associate Degrees are intended primarily for students planning to receive a baccalaureate degree from a four-year college or university. These Degrees require you to take 37-44 hours of General Education Core courses in Communication (*English*), Biological Sciences, Humanities, Natural Science, Social Sciences and Mathematics. The remaining 21-27 hours of classes include additional graduation requirements, electives and concentration area requirements. You may choose to start at a junior college because it is less expensive or you want a specific career that only requires an associate degree.

What are the minimal requirements for an Associate Degree? An associate program is usually for students who are minimally

reading and doing math at 10th grade level.

Although you will be accepted at any reading and math level, the ability to understand lectures, take notes and comprehend reading assignments is essential for success in any college program

Why should I find out how many remedial/pre-credit classes I must take to get into an Associate Program?

Because information is power and if you score low in math or reading you may want to consider certificate programs that lead to good careers but don't require 12th grade reading and math.

HOW DO I APPLY?

Applying to a California community college is easy. Each community college has its own application so you should contact the admissions office to get an application.

Many community colleges have online applications. Check out CCCApply.org; an easy way to apply to community colleges using the internet.

You might also visit the web site of the college you are interested in to see if they have an online application process. That web site should also give you information about the services offered at the college including services available to a student with a disability.

In this section you will find general information about applying to colleges and universities. You will also find a copy of the application form for any of the three Ventura County Community Colleges: Moorpark College, Oxnard College and Ventura College.

Students may use this application as a practice copy or a draft copy to use when applying to one of these colleges.

Ventura County Community College District

APPLICATION FOR ADMISSION

Moorpark College

7075 Campus Road Moorpark, CA 93021 (805) 378-1400 (805) 986-5858 (805) 654-6380 Fax: (805) 378-1583

Oxnard College

4000 So. Rose Avenue Oxnard, CA 93033 (805) 986-5800 (805) 986-5810 (805) 654-6370

Ventura College

4667 Telegraph Road Ventura, CA 93003 (805) 654-6400 (805) 986-5855 (805) 378-1500

Admissions Procedures

Application for Admission:

Submit a completed application for admission to any of the colleges listed above. Before submitting the application, make sure that at least two years of legal residence information has been provided. Failure to provide such information may mean a delay in the processing of your application or classification as a nonresident.

Assessment/Orientation/Counseling:

The Schedule of Classes contains specific requirements.

Transcripts:

Transcripts from previous colleges attended are recommended and may be required. They are a valuable tool in assisting the counselor with your program planning.

Registration Options:

1. **STAR** (Student Telephone Assisted Registration) is available to all returning and continuing students and to all new students who complete the matriculation process. Instructions for using STAR and a registration calendar are listed in the schedule of classes. 2. **In-person** registration is available to all students who do not take advantage of phone registration. 3. **Registration** is

available to all students and continues throughout the semester for classes that begin after the 2nd week of the semester.

A complete registration calendar can be found in the schedule of classes.

Catalog:

The college catalog specifies the programs and services offered by the college. It lists regulations and requirements; and describes each of the courses offered. Not all courses listed in the catalog are offered each semester. Catalogs are sold in the Bookstore and the Admissions and Records Office.

Schedule of Classes:

The Schedule of Classes lists the courses offered for the current term; the course title, days and times of each class, instructor name, class location, number of units, and any prerequisites required for the class. The Schedule also contains a short description of each course and whether it transfers to the Universities of California or California State Universities.

Schedules are available on the Moorpark College Website (moorparkcollege.net), on campus, and at various locations throughout your community.

Instructions for Completing the Application for Admission

- 1. Use a **Ball Point Pen** only to complete the Application for Admission.
- 2. The code numbers needed to complete questions 6, 13, 15, and 16 are listed on the reverse side.
- 3. Answer all questions on both the application for admission and statement of residence. Incomplete applications cannot be processed and will be returned to you.
- 4. Sign and date the application and statement of residence.
- 5. Return the application to the Office of Admissions and Records for processing.
- 6. Questions regarding the application for admission, residency requirements or registration procedures should be directed to the Office of Admissions and Records at the telephone numbers listed.

APPLICATION FOR ADMISSION INSTRUCTIONS

NOTE: If you have attended Moorpark, Oxnard, or Ventura College anytime since 1990, you do not need to complete a new application for admission. However, please notify the Records office in writing of any change to your name, address, or phone number.

- 1. Use a ball point pen only to complete the Application for Admission.
- 2. The code numbers needed to complete questions 6, 13, 15, and 16 are listed below.
- 3. Answer all questions on both the Application for Admission and Statement of Residence. Make sure that at least two years of legal residence have been provided. Incomplete applications cannot be processed and will be returned to you.
- 4. Sign and date the application and statement of residence.
- Return the application to Moorpark College Records Office. 7075 Campus Rd, Moorpark, CA 93021 or Fax (805) 378-1583.
- 6. Questions regarding the Application for Admission, residency requirements or registration procedures should be directed to the Records Office at (805) 378-1429.

REMEMBER: An application for admission must be on file <u>before</u> registration can take place.

Question 6 - States

Question o	- States					
1 Alabama	9 District of Columbia	17 Kansas	25 Mississippi	33 New York	41 South Carolina	49 West Virginia
2 Alaska	10 Florida	18 Kentucky	26 Missouri	34 North Carolina	42 South Dakota	50 Wisconsin
3 Arizona	11 Georgia	19 Louisiana	27 Montana	35 North Dakota	43 Tennessee	51 Wyoming
4 Arkansas	12 Hawaii	20 Maine	28 Nebraska	36 Ohio	44 Texas	If not U.S., list country
5 California	13 Idaho	21 Maryland	29 Nevada	37 Oklahoma	45 Utah	
6 Colorado	14 Illinois	22 Massachusetts	30 New Hampshire	38 Oregon	46 Vermont	
7 Connecticut	15 Indiana	23 Michigan	31 New Jersey	39 Pennsylvania	47 Virginia	
8 Delaware	16 lowa	24 Minnesota	32 New Mexico	40 Rhode Island	48 Washington	

Question 13 — High Schools

	J				
193008 Agoura 563499 Apollo 563079 Buena 563161 Camarillo	563174 Channel Islands 563202 Fillmore 563284 Hueneme	564310 La Reina 563325 Moorpark 563374 Newbury Park 563407 Nordboff	563013 Oak Park 563454 Oxnard 563476 Rio Mesa 563500 Royal	564536 Santa Clara 563577 Santa Paula 563618 Simi Valley 564486 St. Bonaventure	563700 Thousand Oaks 563782 Ventura 564823 Villanova 563011 Westlake

Question 15 — Majors

1234 Accounting	1458 Economics	2347 Hotal & Restaurant Management	2689 Premedical
1236 Criminal Justice	1459 Electronics	2350 Industrial Safety	3456 Psychiatric Technology
1237 Administrative Aide	1467 Engineering	2356 Information Processing Systems	3457 Psychology
1239 Agriculture	1468 English	4789 Interior Design	3459 Radio-Television-Film
1245 Air Conditioning/Refrigeration	1475 Environmental Sciences	2357 Journalism	3460 Radiologic Technology
1246 Alcohol/Drug Studies	1478 Ethnic & Special Studies	2359 Laser/Electro-optics Technology	3467 Real Estate
1248 Anthropology	1479 Exotic Animal Training & Management	2368 Legal Assisting	3468 Recreation
1249 Architecture	1489 Fashion Design/Merchandising	2369 Liberal Arts	3469 Religious Studies
1256 Art	1567 Fire Technology	2375 Logistics	3567 Sociology
1257 Automotive	1569 Foreign Languages	2379 Machine Shop	3578 Speech
1259 Behavioral Science	1579 General Studies	2456 Mathematics	3678 Teaching/Liberal Studies
1267 Bilingual/Cross Cultural	1589 Geography	2458 Music	3679 Telecommunications
1268 Biology	1678 Geology	2468 Nursing	3689 Theater Arts
1278 Business	1689 Graphic Communications/	2469 Office Technology/Secretarial	4569 Urban Studies
1289 Chemistry	Design/Production	2489 Petroleum Technology	4579 Water Science
1345 Chicano Studies	1769 Hazardous Materials	2567 Philosophy	4589 Welding
1346 Child Development	1789 Health Science	2568 Photography	4599 Word Processing
1358 Construction Technology	2000 High School Special	2569 Physical Education	4400 Transfer-Other
1360 Computer Sciences	Admissions Program	2589 Physics	4500 Undecided/Undeclared
1378 Dance	2345 History	2678 Political Science	4600 Vocational-Other

1268 Biology 1278 Business 1289 Chemistry 1345 Chicano Studies 1346 Child Development 1358 Construction Technology 1360 Computer Sciences 1378 Dance 1389 Drafting Technology	1678 Geology 1689 Graphic Communications/ Design/Production 1769 Hazardous Materials 1789 Health Science 2000 High School Special Admissions Program 2345 History 2346 Home Economics	2468 Nursing 2469 Office Technology/Secretarial 2469 Office Technology 2567 Philosophy 2568 Photography 2569 Physical Education 2589 Physica 2678 Political Science 2679 Predental	3689 Theater Arts 4569 Urban Studies 4579 Water Science 4589 Welding 4599 Word Processing 4400 Transfer-Other 4500 Undecided/Undeclared 4600 Vocational-Other		
Question 16 University of California 017846 UC, Berkeley 577750 UC, Davis 307781 UC, Irvine 197887 UC, Los Angeles 337797 UC, Riverside	155050 Bakersfield College 365074 Barstow College 045115 Butte College 445076 Cabrillo College 415062 Canada College 195154 Cerritos College	305240 Fullerton College 435263 Gavilan College 195257 Glendale Community College 305282 Golden West College 375249 Grossmont College 275129 Hartnell Community College	335565 Palo Verde College 375542 Palomar College 195575 Pasadena City College 545364 Porterville College 305609 Rancho Santiago College 195658 Rio Hondo College		

337797 UC, Riverside	195 154 Cerritos College
377837 UC, San Diego	155001 Cerro Coso Com. College
427677 UC, Santa Barbara	015235 Chabot College
447765 UC, Santa Cruz	365210 Chaffey College
	195177 Citrus College
California State University and Colleges	385092 City College of San France
156250 CSU, Bakersfield	305001 Coastline Community Col
046242 CSU, Chico	015257 College of Alameda
196135 CSU, Dominguez Hills	215060 College of Marin
106260 CSU, Fresno	415151 College of San Mateo
306106 CSU, Fullerton	195175 College of the Canyons
016178 CSU, Hayward	335125 College of the Desert
126450 CSU, Humboldt	125140 College of the Redwoods
196131 CSU, Long Beach	545071 College of the Sequoias
196133 CSU, Los Angeles	475200 College of the Siskiyous
196770 CSU, Northridge	555055 Columbia College
196140 Cal Poly, Pomona	195196 Compton Com. College
346760 CSU, Sacramento	075190 Contra Costa College
366184 CSU, San Bernardino	345124 Cosumnes River College
376720 CSU, San Diego	365211 Crafton Hills College
386796 CSU, San Francisco	405650 Cuesta College
436727 CSU, San Jose	375250 Cuyamaca College
376820 CSU, San Marcos	305191 Cypress College
406145 Cal Poly, San Luis Obispo	435184 DeAnza College
496710 CSU, Sonoma	075268 Diablo Valley Čollege
506730 CSU, Stanislaus	195217 East Los Angeles College

Community Colleges
425213 Allan Hancock

40E040 Alles III I Oslica
425213 Allan Hancock College
345023 American River College
195020 Antelope Valley Com. College

	Bakerstield College	305240
	Barstow College	435263
45115	Butte College	195257
45076	Cabrillo College	305282
15062	Canada College	375249
95154	Cerritos College	275129
55001	Cerro Coso Com. College	135570
	Chabot College	215001
65210	Chaffey College	305580
95177	Citrus College	105523
85092	City College of San Francisco	095001
305001	Coastline Community College	015450
15257	College of Alameda	185420
15060	College of Marin	195337
15151	College of San Mateo	195346
951/5	College of the Canyons	195365
35125	College of the Desert	195953
25140	College of the Redwoods	195384
45071	College of the Seguoias	195387
75200	College of the Siskiyous	195390
55055	Columbia College	195396
95196	Compton Com. College	075269
75190	Contra Costa College	235001
345124	Cosumnes River College	245475
65211	Crafton Hills College	015570
05650	Cuesta College	375509
	Cuyamaca College	435861
	Cypress College	505500
35184	DeAnza College	275270
		565320
95217		195475
95225	El Camino College	335403
35670	Evergreen Valley College	
225335	Feather River College	285540
25000	Foothill College	015610
05240	Fresno City College	305525
00240	resno dity dollege	565321

195575 Pasadena City College 545364 Porterville College 305609 Rancho Santiago College 195658 Rio Hondo College 335687 Riverside Community College 335067 Niverside Collinging College 345740 Sacramento City College 305579 Saddleback College 365594 San Bernardino Valley College 375663 San Diego Miramar College 375300 San Diego Miramar College 395670 San Joaquin Delta College 435680 San Jose City College 425560 Santa Barbara City College 195825 Santa Monica College 495690 Santa Rosa Junior College 495695 Santa Hosa Junior College 455695 Shasta College 315730 Sierra College 415711 Skyline College 485825 Solano Community College 375807 Southwestern College 15580 Taft College 565741 Ventura College 365790 Victor Valley College 015236 Vista College 105131 West Hills College 195952 West Los Angeles College 435860 West Valley College 585925 Yuba College

Independent Colleges and Universities

568120 Cal Lutheran University 198329 University of LaVerne 198904 University of Southern California

Moorpark CollegeVentura County Community College District

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1			
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1			

OFFICE USE ONLY

Application For Admission (USE BALL POINT PEN ONLY. PLEASE COMPLETE REVERSE SIDE OF THIS FORM.)

1.	I am applying for the: Year 2 ☐ Spring Semester ☐ Sumi		ion Fall Semester	E	19.	Primary Language ☐ English
2	Social Security Number:			N	00	Not English
۷.	(If Available)			1	20.	Citizenship Status: ☐ U.S. Citizen
2	Namo					NOT a U.S. Citizen
Э.	Name:	First	Name Middle Initial	2		Permanent Resident (Immigrant) Visa
_				3 4		☐ Temporary Resident/Amnesty ☐ Refugee/Asylee
4.	Previous Last Name (if you att	ended ur	ider another name):	5		☐ Student Visa (F-1 or M-1)
				6		Other Visa or Visa type
5	Date of Birth:		<u> </u>	Χ	21	☐ Unknown Student Academic Level. (Please indicate your education
0.	Month		Day Year		21.	status at the beginning of the semester for which you are applying. Mark the highest level of education attained.)
6.	State Birthplace:					NOT a High School graduate:
	☐ California ☐ Other (see	page 85 f	or state codes)	0		□ Not a graduate of, and no longer enrolled in high school
7.	Sex: ☐ Male ☐ Female			1 2		☐ Special admit student currently enrolled in high school☐ Currently enrolled in Adult School
8.	Address:					High School graduate without a college degree:
				3 4		☐ Received High School diploma ☐ Received a Certificate of California High School
	(Numb	er and Stree	it)	4		Proficiency Exam
9	City/State:			5		$\hfill\square$ Passed the GED, or received a High School Certificate of
				6		Equivalency/Completion Foreign Secondary School Diploma/Certificate of
10.	Zip Code:		-	Ü		Graduation
11.	Day Phone (include area code)):				College Degree:
12.	Evening Phone (include area of	code).		7 8		☐ Received an Associate Degree ☐ Received a Bachelor Degree or higher
				Ü		Unknown:
13.	Last High School Attended (us	se H.S. c	ode on page 85)	X		□ Unknown
	Name:					Date of the highest level of education attained:
	City:		State:			Month Year
1/	High School Graduation or Da				22.	Student Enrollment Status: (Mark one)
14.	rigit School Graduation of Da	ale Lasi A	Month Year	1		☐ First-time student. A student enrolled in any college for
15	Proposed Major (use code on	nage 85)		2		the first time First-time transfer student. A student enrolled at this college
						for the first time and who has transferred form another
16.	Last College Attended (use co	ode on pa	ge 85):	3		college after earning credit. Returning transfer student. A student who has previously
	Name:			3		attended this college, transferred to another college, and
	City:		State			has now returned to this college.
				4		☐ Returning student. A student enrolled at this college after an absence of one or more regular sessions without interim
	Degree Earned: ☐ AA/AS	☐ Bach	elor or Higher			attendance at another college.
17.	California Driver's License Nu	ımber: _		Υ		☐ Special admissions student. A student who is currently enrolled in K-10 or a senior high school student currently
18	Ethnic Survey:					enrolled in 11-12.
Α	☐ Asian	HR	☐ Central American		23.	Student Educational Goal: (Select your highest priority)
AC		HS	☐ South American	А		Obtain a bachelor's degree after completing an
ΑI	☐ Asian Indian	HX	☐ Other Hispanic	В		associate's degree Obtain a bachelor's degree without completing an
AJ	☐ Japanese	Ν	☐ American Indian,			associate's degree
ΑK	☐ Korean		Alaskan Native	C D		☐ Obtain a two year associate's degree without transfer☐ Obtain a two year vocational degree without transfer
AL	☐ Laotian	Ο	☐ Other Non-White	E		☐ Earn a vocational certificate without transfer
AM	I ☐ Cambodian	Р	☐ Pacific Islander	F		☐ Discover/formulate career interests, plans, goals
AV	☐ Vietnamese	PG	☐ Guamanian	G H		☐ Prepare for new career (acquire job skills) ☐ Advance in current job/career (update job skills)
AX	☐ Other Asian	PH	☐ Hawaiian	ı		☐ Maintain certificate or license (e.g. Nursing, Real Estate)
В	☐ Black, Non-Hispanic	PS	☐ Samoan	J		☐ Educational development (intellectual, cultural)
F	☐ Filipino	W	□ White	K L		☐ Improve basic skills in English, reading or math ☐ Complete credits for high school diploma or GED
Н	☐ Hispanic	X	Unknown	M		☐ Undecided on goal
HM	1 ☐ Mexican, MexAmer., Chicano	XD	☐ Decline to state			

Declaration of Legal Residence All students classified incorrectly as residents are subject to reclassification and payment of all nonresident fees

ALL APPLICANTS MUST COMPLETE THIS SECTION

NOTICE TO STUDENTS: If additional information is needed to determine your residence status, you will be required to complete a supplemental residence questionnaire and/or to present evidence in accordance with Education Code Sections 68040 et seq. The burden of proof to clearly demonstrate both physical presence in California and intent to establish California Residence lies with the student. Failure to present such proof will result in a classification of non-resident.

OCIAL SECURITY NUMBER						TODAY'S DATE			
IAM	E (Prir	nt full legal nam	ie. DO NOT use nicknai	mes, initials, or abbreviation	ons)				
ast				First		Middle	e		
\ge_		Birthdate		Birthplace					
RESI	DENC	E ADDRESS (Legal / permanent addı	ress. DO NOT use P.O. Bo	ox Number)				
lumk	oer / S	treet		City		S	State	Zip)
have	e lived	at this address	s since	(If less than 2	years, show previous	address below)			
lumk	oer / S	treet		City		S	State	Zip)
lumk	oer / S	treet		City		S	State	Zip)
Vher	did y	our present sta	y in California begin?			_			
es	No			MONTH DA	AY YEAR				
		Are you a Uni	ted States Citizen?						
		If you are not	a United States citizen,	have you been admitted	to the U.S. as a reside	ent alien?			
		If yes, give da	ate admitted		and Alien Registr	ation Number _			
		If no, list visa	type (example: B-2, Vis	sitor visa - dependent), du	ration of status, and c	ountry of citizens	ship:		
		Visa type		_ Duration of Status		_ Country of Cit	izenship		
			★ Verification o	f visa status is required.	Students must pres	ent proof of sta	tus ★		
		Have you or (if under 19 and unmarri	ied) your parents filed Cal	ifornia State Income T	ax last year?			
		If not in Califo	rnia, in what state did y	ou last file state taxes? _		For what	year(s)		
		Registered to	vote in a state other that	an California?	If yes, where &	when			
		Petitioned for	divorce in a state other	than California?	If yes, where &	when			
		Attended and	out-of-state institution as	s a resident of that other s	tate? If yes, where &	when			
		Declared non	residence for California	State Income Tax purpos	es? If yes, where &	when			
		Are you on ac	tive military duty?						
		If yes, what d	ate did your tour begin	in California? (month/day/	/year)				
		State of legal	residence on military re	ecords:					
		Are you a dep	pendent of an active du	ty military person?					
		If yes, when c	lid your sponsor's tour b	pegin in California? (montl	n/day/year)				
		Have you bee	en discharged from acti	ve military duty within the	last year?				
		If yes, submit	copy of DD-214						
			To be co	mpleted by all un	married studer	nts under 19)		
Na	me of	Father (if living		·					
		_							
Le	gal Ac	ddress (number	& street, city, state, zip)	Da	ates (month / yea	ır)		
Fat	her_				Fr	om		То	
Mc	ther _				Fr	om	·	То	
Gu	ardiar	າ			Fr	om		То	
lf l	ess th	nan 2 years, giv	ve previous address(e	es) for past 2 years.					
Re	lations	ship	St. & No		_ City	State	Zip	Fr	To
Re	lations	ship	St. & No		_ City	State	Zip	Fr	To

_Date _

Student Signature_

BACHELORS AND MASTERS DEGREE

Should I Get A Bachelor's Degree?

Four-year colleges and universities offer educational experiences that combine diverse classes and career-specific training. Public colleges and universities usually have larger students bodies and lower tuition costs. Private colleges and universities usually have smaller student bodies and higher tuition costs.

What Is A Graduate Degree?

If you have a Bachelor's Degree, you may want to look into a graduate or professional degree program. Graduate degrees are advanced degrees for people who have already finished college. Many professions, including lawyers and doctors, requrie graduate degrees. Graduate Degrees are usually and **Additional 2-10 years** of school depending on the profession you choose.

Why Shoud I Go to College?

There are many good reasons to go to college, but there is one reason that sticks out from all others — people who get a college diploma make a lot more money that those who don't!

What Do Colleges Look For?

Colleges look at a number of items about you to decide if they will accept you or not. These things include:

- How well you did in high school
- Courses you took in high school (easy/hard)
- Activities you were involved in at high school
- Your rank in class compared to the other students
- Your college entrance exam scores (SAT or ACT)

Suppose My Grades Weren't That Good

Don't be discouraged if you have bad grades or don't do so well on the entrance exams. There are many types of community colleges, 4-year colleges and universities which range from easy to hard to get into.

WHAT ARE COLLEGE ADMISSION REQUIREMENTS?

Four year California State Universities (CSU) and the University of California (UC) have course requirements that students must complete to apply for admission. These course requirements begin in the ninth grade. Students planning to apply, or even considering applying, to either the CSU system or the UC system need to begin taking college preparatory courses as they begin high school.

Community colleges have different admissions requirements. Students need not take college preparatory courses in high school to apply for admission at a community college. However, if a student thinks they might transfer from community college to a four-year college or university, he or she should consider taking as many college preparatory classes as possible while in high school to prepare for community college work.

Generally, community colleges only require students to apply for admission, take placements tests, and pay the necessary fees to be admitted.

WHAT ARE THE REQUIREMENTS FOR FOUR-YEAR COLLEGES?

Students must successfully complete UC/CSU approved courses in the following subject areas with a "C: or better while in high school:

- A. History / Social Science 2 years required
 One year of World History and one year of U.S. History or a ½ year of U.S. History and a ½ year of American Government.
- B. English 4 years required
- C. Mathematics 3 years required (4 years recommended)

 Must include elementary algebra, geometry and advanced algebra or higher.
- D. Laboratory Science 2 years required (3 years recommended)
 Must include two of the following three areas: biology, chemistry, and physics.
- E. Foreign Language 2 years required (3 years recommended)
 Two years of a language other than English is required.
- F. Visual and Performing Arts 1 year required

 Must be drawn from the following areas: dance, drama/theater,
 music or visual arts.
- G. College Preparatory Elective 1 year required

 The elective course may be drawn from any UC/CSU approved courses taken beyond the minimum requirements in the areas of A-F listed above.

COLLEGE APPLICATIONS

General Information	School 1	School 2	School 3	School 4	School 5
Location	3011001 1	3011001 2	3011001 3	3011001 4	3011001 3
Rank information					
Web address					
Size					
Colleges and schools					
Other					
Applying	School 1	School 2	School 3	School 4	School 5
Admissions address	3611001 1	3011001 2	3011001 3	3011001 4	3011001 3
Admissions telephone					
Contact person					
Application fee					
Date application due					
Send transcripts to					
Date application mailed					
Accepted?					
Accept or decline by date					
Other	Sobool 1	Soboel 2	School 2	Soboel 4	School F
Requirements	School 1	School 2	School 3	School 4	School 5
SAT minimum score					
ACT minimum score					
Other standardized tests					
Grades	-	-			
Advanced placement (AP) scores?					
International Baccalaureate (IB) credit?					
Essay requirements					
Personal document requirements					
Resume requirements					
Community/volunteer work					
Other					
Finances	School 1	School 2	School 3	School 4	School 5
Yearly tuition (non-resident)	\$0	\$0	\$0	\$0	\$0
Books/supplies	\$0	\$0	\$0	\$0	\$0
Room and board	\$0	\$0	\$0	\$0	\$0
Transportation	\$0	\$0	\$0	\$0	\$0
Medical	\$0	\$0	\$0	\$0	\$0
Personal	\$0	\$0	\$0	\$0	\$0
Estimated total	\$0	\$0	\$0	\$0	\$0
Fiancial aid info					
Scholarship info					
Student employment info					
Financial aid office location					
Financial aid office telephone					
Other					
Non-Academic Student Activities					
Club sports I'm interested in					
Greek system?					
Other					
Campus Visits	School 1	School 2	School 3	School 4	School 5
When					
Contact Person					
Contact's phone number/e-mail					
Accommodations					
Surrounding Area	School 1	School 2	School 3	School 4	School 5
City, state	-50H00F1	SCHOOL Z	_5cn001 5	30H00I 4	<u> </u>
City, state Chamber of Commerce Web site	1	1			
Population	1	1			1
	+	+			
Median income	-	1			1
Average rental cost (2 bedrooms)			ļ		
Tan E accorde a constitución					
Top 5 county employers Average weather					

Notes:			



THINKING ABOUT 17? IT?

Information for teens enrolled in special education programs



For more information about transition to adult Life for students with disabilities go to www.venturacountyselpa.com/"Transition"

2003

COLLEGE FINDER

Go online, or use "Going to College. . .or Thinking About It?" (www.venturacountyselpa.com), to complete this activity.

List three colleges you are interested and for each, answer these questions:

Name of college			
Location			
How far is that from your home?			
How would you get there?			
How much would it cost per semester/quarter?			
• Tuition			
• Books			
Parking			
Features/programs that you like			
Name of college			
Location			
How far is that from your home?			
How would you get there?			
How much would it cost per semester/quarter?			
• Tuition			
Books Darking			
Parking			
Features/programs that you like			

Name of college					
Location					
How far is that from your home?					
How would you get there?					
How much would it cost per semester/quarter?					
• Tuition					
Books					
Parking					
Features/programs that you like					

COLLEGE WORKSHEET

Using a copy of "Going to College or Thinking About It?" (available on the SELPA website www.venturacountyselpa.com), answer the following questions:

1.	Who pays for books in college? (p. 2)			
2.	What are the name(s) of the degrees you'd get at a two-year college? (p. 4)			
3.	What is a " <i>major</i> "? (p. 11)			
4.	How many weeks in a "semester"? (p. 13)			
5.	How many years of Foreign Language are required for a 4-year college? (p. 18)			
6.	Are placement tests required at our local community colleges? (p. 24)			
7.	In what city is California State University Channel Islands located? (p. 26)			
8.	What is the name of the department at Moorpark College that serves students with disabilities? (p. 31)			
9.	Name a course at Ventura College that interests you (pp 41-42)			
10.	How much would books cost at a community college? (p. 51)			
11.	Must Pell Grants be repaid? (p. 53)			
12.	If you are over 18, is your parents' income considered for SSI? (p.54)			
13.	Name one source of financial aid for people with Learning Disabilities (p. 58)			
14.	Name three types of assistance available for students with disabilities (p. 60)			
15.	If you are considered to have a Learning Disability in h igh school, will you automatically be accepted as having a Learning Disability in college? (p. 62)			

Preparing for Education After High School

Sta	rt to plan your future	Get	financial aid information
Γ	Think about your goals.	r-	Talk to your guidance counselor about possible sources of aid.
Γ*	Think about your values, interests, abilities.	٢	Get the correct need analysis form. Check
1	Talk to people about career opportunities.		with the schools that may interest you to find out which form each accepts.
Γ	Read books about different careers.	r	Get info on scholarships & grants: Federal government programs
۳	Ask questions about careers that interest you.		State programs State and regional scholarships
Γ	Take high school courses that meet admission requirements for post		Parents employers Civic Organizations
	secondary schools or colleges.	Г	Make sure to check application deadlines!
Γ	List careers or occupations that interest you.		Do scholarship search on eureka.org.
٢	Make a list of schools that might help you reach your goal.	Narı	row your list of schools
Γ	Think about where you want to live.	r	Decide what you want in a school. What schools have what you are looking for?
Gat	her Information	•	
<u></u>	Talk to people in your community.		inge visits to schools that interest you
Г	Try job shadowing.	r.	Make appointments to meet with faculty, counselors, and admissions officers.
f	Conduct informational interviews.	Γ	Prepare questions.
Γ	Find a mentor in your community.	ſ	Practice interview techniques if you will be interviewing for admission or scholarships.
i -	Try an interest inventory to match your talents and interests with	Narrow your list further	
	careers. Write to professional organizations or	Γ.,	Evaluate each school.
Γ~	companies for information.	_	Decide which schools best meet your needs.
1	Volunteer or get a part-time job.	Γ*	Cross off ones which don't meet your needs.
Γ	Think about what kind of school will meet your needs.	,	·
garana E	How would a 2 year or 4 year school help you reach your goals?		
Γ	Visit post secondary schools in your area to help you learn about your		

options.



Free Application for Federal Student Aid

FAFSA Home Student Aid on the Web Application Deadlines PIN Site Help Contact Us FAQs Site Map

About Us

- Before Beginning a
- 2 FAFSA Out a FAFSA
- FAFSA Follow-Up

Special Announcements

Updated information available for the new TEACH grant.

Looking for an early start on the financial aid process



You can use FAFSA4caster to learn about the financial aid process and get an early estimate of your eligibility for federal student aid.

Link to FAFSA4caster

Federal Student Aid FAFSA

We have simplified the process of filling out the FAFSA. You can follow each section all of the way through for a comprehensive set of instructions.

Before Beginning a FAFSA

Get organized!

To simplify the application process, gather required documents and other information ahead of time.

- <u>Determine Your</u>
 <u>Dependency Status</u>
- FAFSA on the Web Worksheet
- Search for School Codes
- Students & Parents Apply For a PIN
- Check Application
 Deadline Dates

Filling Out a FAFSA

Fill out the application!
The FAFSA contains
questions that ask about you,
your financial information,
your school plans, and more.

- Fill Out Your FAFSA
- Open Your Saved FAFSA or Correction Application
- Sign Electronically With Your PIN

English | Español



FAFSA Follow-Up

3

View your results online! You can check the status of your application, make corrections to a processed FAFSA, and get other information.

- Check Status of a
 Submitted FAFSA or Print
 Signature Page
- Make Corrections to a Processed FAFSA
- Add or Delete a School Code
- View and Print Your Student Aid Report

FAFSA ALERTS:

FAFSA Deadlines:

Submit 2010-2011 FAFSA on the Web Applications by **midnight Central Daylight time**, June 30, 2011. <u>More»</u>

State deadlines are normally much earlier than Federal deadlines. To find your state's deadline, select <u>state deadlines</u>.

Scheduled Maintenance:

FAFSA on the Web will be unavailable every Sunday from 5 a.m. to 11 a.m. (Eastern Time). We apologize for any inconvenience this may cause. More»

Site Last Updated: Sunday, September 26, 2010

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RWM provides a database of Private Postsecondary Vocational Schools in all 50 states. It is organized first by <u>State</u>, then by Training Occupation.

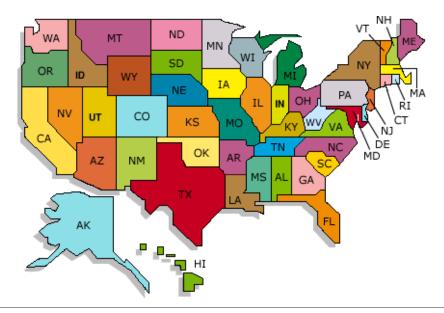
Included are private schools that offer certificates, diplomas, associate (junior college) degrees, and bachelor (college) degrees in various Business, Trade and Technical disciplines.

The RWM Vocational School database includes <u>Online</u> schools, including information on getting a <u>high school diploma online</u> from an accredited <u>online high school</u>.

Training for an in-demand career is an investment in your economic future. Whether you want to work in the <u>electronics and HVAC</u> industry, or in an <u>automotive</u>, <u>healthcare</u>, <u>paralegal</u> or <u>IT technology</u> position, you'll find the courses and programs here that let you achieve your goals. Get the certification that tells potential employers they can hire you with confidence.

<u>Automotive</u> | <u>Electronics and HVAC</u> | <u>Healthcare</u> | <u>Paralegal</u> | <u>IT and Technology</u> <u>Nursing</u> | <u>Cosmetology</u> | <u>Massage Therapy</u> | <u>Culinary</u> | <u>More Vocational Programs</u>

Find Vocational Schools by Clicking on a State:



Washington D.C. Trade Schools

Canada: <u>Alberta Trade Schools</u>, <u>British Columbia Trade Schools</u>, <u>Manitoba Trade Schools</u>, <u>Ontario Trade Schools</u>, <u>Quebec Trade Schools</u>

Top U.S. Cities: <u>Atlanta Trade Schools</u>, <u>Boston Trade Schools</u>, <u>Chicago Trade Schools</u>, <u>Dallas Trade Schools</u>, <u>Houston Trade Schools</u>, <u>Los Angeles Trade Schools</u>, <u>New York City Trade Schools</u>, <u>Philadelphia Trade Schools</u>, <u>Phoenix Trade Schools</u>, <u>San Francisco Trade Schools</u>

Top Vocational Schools



Electrician Medical Assistant More...



Computer Drafting Web Development More...



PC Technician CISCO Technician More...



<u>Automotive</u> <u>Motorcycle Technician</u> More...

Choosing a School

All the schools listed in the database are State Approved/Accredited. Accreditation is a voluntary process a school may request after State approval for two consecutive years. Accredited schools may offer federal financial aid such as Stafford and Perkins loans or Pell grants. Stafford loans require no financial qualification, Perkins loans are funded by the school at low interest rates, and Pell grants are heavily dependent on the student's financial situation. Contact the financial aid officer at the school to provide you with the necessary documents for student aid programs. Many student aid documents are now online.

Before choosing a school, review the content of the curriculum and meet with the school administrator and instructors, if possible. Ask about placement services and placement rates and for the names and telephone numbers of previous graduates. Talk to students presently in class. Previous students dissatisfied with the training offered may have contacted the State/Accrediting commission. Contact them and ask about recent complaints and how they were resolved. The school's catalog should have the address and telephone number of the

Featured Degree Programs:

- <u>Criminal Justice Schools in Charlotte, North Carolina</u>
 Explore criminal justice schools in Charlotte, North Carolina.
 Programs include police science, criminology and forensics. Get the training, certificate, diploma or degree you need to succeed today....Read More
- Art and Design School in Charlotte, North Carolina
 Find art and design schools in Charlotte, NC. Choose from a variety of programs including photography, fashion design, graphic design and much more. Earn a certificate, diploma or degree today....Read More
- Culinary School in Charlotte

Do you have a passion for food? Choose from a variety of culinary related programs in Charlotte, NC. Programs include chef training, catering, restaurant management and more. Begin your culinary education today....Read More

<u>Business Schools in Charlotte, NC</u>
 Explore business schools in Charlotte, North Carolina. Choose





- mySkills myFuture
- Worker ReEmployment
- Census Worker ReEmployment
 - Deepwater Response

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State Job Banks



More Resources: America's Career Infonet

Explore Careers: Salary + Benefits: Education + Training: Job Search: Resumes + Interviews: People + Places to Help

browse occupations : explore green careers : help a job seeker : salary info : write job descriptions : military transition : disaster recovery services

Explore Careers

<u>Home</u> > <u>Career InfoNet</u> > <u>Career Tools</u> > Certification Finder
America's Career InfoNet

Certification Finder

Start Over

Certification Search Results

3 Next Steps

relatedlinks:

2

Certification Finder Help
Workforce Credentials Information
Center

Get Started: Browse by Occupation

Browse and Select an Occupation

- Architecture and Engineering
- Arts, Design, Entertainment, Sports, and Media
- Building and Grounds Cleaning and Maintenance
- Business and Financial Operations
- Community and Social Services
- Computer and Mathematical
- Construction and Extraction
- **Education**, Training, and Library
- Farming, Fishing, and Forestry
- Food Preparation and Serving Related
- Healthcare Practitioners and Technical
- Healthcare Support
- Installation, Maintenance, and Repair
- Legal
- Life, Physical, and Social Science
- Management
- Office and Administrative Support
- Personal Care and Service
- Production
- Protective Service
- ⊕ Sales and Related
- Transportation and Material Moving



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Career Profiles

Resources

Career Degrees

Vocational Programs

Find A School:

By Program Vocational Programs

By Location

- Select a State -



Vocational Programs

Vocational programs provide education in a specific field or occupation. Programs usually last from one to two years. Many people who want to pursue a career in construction, HVAC, mechanics, the culinary arts, or a variety of other technical specialties can benefit from this type of degree program. Vocational programs tend to have a more hands-on focus, and prepare students for entering directly into the career field.



Related Careers

Automotive Technician **Aviation Technology** Cosmetology **Culinary Arts** Fire Science Welding

Vocational Schools

Career Degrees

Vocational Programs

Animal Training

Autobody & Collision Repair

Automotive Technology

Aviation Technology

Bldg. Maintenance/Tech

Bridal Consulting

Call Center Management

Carpentry Science

Child Day Care Management

Construction Management

Cosmetology/Esthetician

Diesel Mechanic

Flectrician

Electronics

Fire Science

Floral Design

Gunsmithing

Home Inspector

Hospitality/Restaurant Mgt.

Jewelry Design & Repair

Landscape Design

Marine Mechanic

Motorcycle Mechanic

Pilot Training

Plumbing Technology

Spa & Resort Therapy

Telecommunications Technician

Tourism & Travel

Tractor Trailer/CDL

Truck Driving/CDL

Welding

Search Programs Related to Vocational Programs

- Animal Training
- Automotive Technology
- Bldg. Maintenance/Tech
- Call Center Management
- Child Day Care Management
- Cosmetology/Esthetician
- Electrician
- Fire Science
- Gunsmithing
- HVAC
- Landscape Design
- Marine Mechanic
- Pilot Training
- Spa & Resort Therapy
- Tourism & Travel
- Truck Driving/CDL

- Autobody & Collision Repair
- Aviation Technology
- Bridal Consulting
- Carpentry Science
- Construction Management
- Diesel Mechanic
- Electronics
- Floral Design
- Home Inspector
- Jewelry Design & Repair
- Locksmith
- Motorcycle Mechanic
- Plumbing Technology
- Telecommunications Technician
- Tractor Trailer/CDL
- Welding

Search Vocational Programs Programs by Degree

- Associate Degree
- Masters Degree
- Certification

- Bachelor Degree
- PhD Degree

Schools Offering Vocational Programs



Request Information

Telecommunications Technician

...View More Programs

University of Phoenix - IT and Computer Science

Accreditation, **Financial** Aid, More Information



Arizona Automotive Institute

- Automotive Technology
- Diesel Mechanic
- HVAC Welding
- ...View More Programs

Accreditation, Financial



Skip to: Content | Footer | Accessibility



Welcome to the California

DEPARTMENT OF INDUSTRIAL RELATIONS

Apprenticeship search Overview Electricians Fublic Works Educators Employers Sponsors Women Veterans

I WANT TO . . .

- Become an apprentice
- Find an apprenticeship program
- Train my employees through apprenticeship
- Contact DAS
- ->> Attend an event/meeting
- Use apprentices on public works projects
- See if an apprentice is registered with the State of California
- I built it!
- → Find out about the California Apprenticeship Council
- Become a certified electrician
- See how apprenticeship can change lives

LINKS

- ->> California Apprenticeship Council
- California Labor & Workforce Development Agency
- ->> Employment Development Department
- Federal Employment Training Administration
- ->> State Personnel Board
- Federal grants for apprenticeship programs
- Nationwide apprenticeship programs
- Veterans' benefits

Apprenticeship program information - search

Labor Law Cal/OSHA Workers' Comp Apprenticeship Statistics & Research Mediation Boards

Description of apprenticeship programs Definitions used

Search available apprenticeship programs by selecting a county and an occupation group

Data is current as of 11/22/2010

Disclaimer

The following listing of registered program sponsors does not necessarily signify they are taking applications for apprenticeship or employment. Program sponsors determine individually when they will take applications. Please contact program sponsors to check on open application periods.

Select a county	Ventura
Select an occupation	Surveyor

More information

Back to Top | Help | Contact Us | Site Map | Disclaimer



U. S. Department of Education Promoting educational excellence for all Americans

Search ED.gov »

■ G0

Advanced Search

Education Resource Organizations Directory

The Directory is intended to help you identify and contact organizations that provide information and assistance on a broad range of education-related topics.

Simple Search

AND



Advanced Search

Search the database by individual fields such as Title, Subject, Description, etc.

State/Territory Search

Find resource organizations in your state.

Organizations By Type

Listings by State and Region.

What's in This Directory for Me?

Description of the database.

Organization Submittal Form

Tell us about a new resource organization.

Criteria for Inclusion

Incorrect/Outdated Data? Contact Us.

The Directory was last updated on May 13, 2010 and currently includes 2896 entries.

Each entry in the Directory is verified and updated at least annually.

The inclusion in EROD of organizations and links to their web sites is not intended to endorse any views expressed, or products or services offered, on these outside web sites, or the organizations sponsoring the sites.

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USA.gov @ GovBenefits.gov

TRAINING/EDUCATION GOALS

Date	Name				
Within one year of exiting school I hope to be enrolled in					
Within three years, I hope to be enrolled in					
Career outcome that I hope to reach					
Things I need to work on now to get there:					
1.					
2.					
3.					

Employment

These activities and resources correlate with many of the "Employment" items on the checklist.

CAREER INTEREST ACTIVITY

Career of Interest
Education and Training Needed
Annual Salary
Airidai Salai y
Weekly Salary
Working Conditions (five descriptions)
Outlook for Future

Identifying Your Needs in a Career

So far, you have thought of some of your likes and dislikes based upon your past experiences. Now, in this exercise, think of the components of a career that must or must not be present in order to guarantee your own career satisfaction. This information will become a tool that will continue to guide you along the career exploration path. You may find that you will be referring back to this section as you engage in new experiences.

What do you <u>need</u> to be satisfied in a career?
What do you want in order to feel satisfied in a career?
What are the components/parts of a career that you <u>must</u> reject?
What aspects of a career would you <u>like</u> to steer away from?

CAREER RESEARCH

DIRECTIONS to CAREER SITE @ VENTURA COUNTY SELPA

Go to: www.venturacountyselpa.com

- 1. When the site comes up, look at the left hand column and go down to TRANSITIONS to ADULT LIFE. *Click*
- on the right hand side of the page you will see Transition to Adult Life.
 Scroll down to RESOURCES for STUDENTS and Click on CAREER INTEREST ASSESSMENTS.
- 3. On the Career Interest Assessment page find <u>ON-LINE LINKS</u> & go down to CALIFORNIA CAREERS INFORMATION. *Click*
- 4. On the State of California californiacareers.info page, you will see pictures of students, educators and job and career seekers. Below them, *click* on the far left box labeled <u>CA CAREER ZONE</u>.
- 5. CALIFORNIA CAREER ZONE page: Inside the grey/blue box, you will see 3 vertical boxes. *Click* on the middle box <u>EXPLORE INDUSTRY SECTORS.</u>
- 6. The Ca Career Zone Page has 3 license plates, *Click* on <u>Flash.</u>
- 7. On the Ca Career Zone Home page *Click* on EXPLORE INDUSTRY SECTORS.
- 8. Select the industry that interests you from the 24 sector boxes. *Click*.
- This will take you to the occupation page for that particular industry sector. Select a job from the occupational list. Complete your JOB RESEARCH SHEET.

CAREER ZONE – JOB RESEARCH SHEETUsing Ventura County SELPA Career Site

INDUSTRY SECTOR
OCCUPATION
JOB DEFINITION:
INTERESTS: Explain why or why not the job interests match yours.
TASKS: List three job tasks you would enjoy performing.
1
2
3
List three tasks you might NOT like doing.
1
2
3
Do the positive job tasks out weigh the negative? Yes or No
SKILLS: Read the skills area carefully. Which skill do you feel is most important to master in order to do the job successfully?

Which skill would be the most challenging for you to perform?

KNOWLEDGE: L	ist four of the are	eas of knowledge	e needed for this job.
1			
2			
4			
	nat formal trainin this occupation?		reparation for working
SCHOOL CLASS		ol class would yo or skills for this j	ou take to increase your job?
<u>WAGES</u> : Entry	level	Experier	nced Worker
OUTLOOK: Are t	here job opening	gs? How many	?
JOB OPENINGS:			a job hunt. Read the t interests you the
Job Title	<u>Company</u>	<u>Location</u>	Date Posted

<u>SELF-EVALUATION:</u> Write a paragraph explaining what personal characteristics you have that would make you successful at this job.

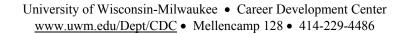
Occupational Information Student Worksheet

outlook for six career areas that match your profile by completing the Occupational Information Worksheet. This will total six different worksheets.
Career:
Find out some information about your specific career choices. Make sure you find information in all these areas:
1. Salary (How much does this job pay on the average?)
Educational Requirements (What kind and how much education do you need for this type of career?
3. Job Description (What do they do?)
4. Occupational Outlook (Are there any job openings for this career, what is the outlook?)
5. Personal Characteristics/Abilities Needed for this Career:

6. Adv	rantages:
7. Disa	adv antages:
8.	Working Conditions(inside, outside; lifting or not; hours; etc.):
9.	Working Conditions Would I be suited to this job and consider it as a career possibility?
10.	At least ONE address where I could find further information:

CAREER EXPLORATION WORKSHEET

Name:	Class of	Date
Occupation:	Minim	num Education Level:
Brief Description:		
Earnings (Yearly Average):		
School Subjects Helpful in Preparing for t		
Related Occupations:		
Related College Majors:		
Return to the main menu and no College Majors, highlight one of the majors ab Display Colleges		
List four colleges that support this major:		







Do not judge the career suggestions. A suggestion may spark additional ideas of possible work environments or careers.

▶ INDIVIDUAL 1 – Their relationship to you:

Career Poll

Take a poll of careers others can "see" you in. Ask four or more individuals (friend, family, significant other, your hairstylist, etc.) to suggest careers they think you might be interested in, good at, and/or would match you. For each career, ask why they suggested that occupation. Include your reactions to the suggestions. Such as: Are some a surprise? Why? Are you already considering some of them? Are there some you have never heard of? Are there some you want to learn more about? Etc.

Suggested Careers		Why Suggested	
			
			
Your Reactions: (See questions liste	ed above)		
VIDIVIDITAL 2. Their relationship t	to you		
NDIVIDUAL 2 – Their relationship t	to you:		
NDIVIDUAL 2 – Their relationship t Suggested Careers	to you:	Why Suggested	
Suggested Careers	to you:		
Suggested Careers		Why Suggested	
Suggested Careers		Why Suggested	

Suggested Careers	Why Suggested
· · · · · · · · · · · · · · · · · · ·	
Your Reactions: (See questions listed above	e)
	,
DIVIDUAL 4 – Their relationship to you:	
Suggested Careers	Why Suggested
	Why Suggested

Career Opportunities Worksheet

You will need the "classifieds" section for job openings from any newspaper for this exercise. Look over the job listing and circle/highlight any job that appeals to you. In addition, underline the part that caught your attention. Do this for the one day's section and complete the following chart.

Career fields most often noted and the number of occurrences:
1
2
3
4
5
~·
Top skills you circled/highlighted and the number of occurrences:
1
2
3
4
5
~·
Work environment most often circled/highlighted:
e e e e e e e e e e e e e e e e e e e
1
2
3
4
5
Additional factors circled/highlighted:
1
2
3
4

Assess the information you listed and try to relate it to a possible career field for further research. You may seek a career counselor for help with this.

OCCUPATIONAL INTERESTS Training Needed and Typical Job

☐ Science – Professional/Skilled	□ Clerical
Typical training: 2-4 or more years college, on-job-training	Typical training: OJT, tech-school
Typical Jobs:	Typical jobs: cashier, bookkeeper, secretary, teller,
☐ Technology – Professional	receptionist, file clerk, stock clerk
Typical training: 2-4 years post-secondary or OJT	☐ Communications
Typical jobs: electronics or mechanical engineer, pilot, tool	Typical training: 4 or more years of college or OJT
designer, various specialized technicians in TV, print,	Typical jobs: reporter, lawyer, writer, film editor, librarian
health, environment, animals	□ Arts – Professional
□ Technology – Skilled	Typical training: 4 or more years of college or OJT
Typical training: apprentice, OJT, tech-school	Typical jobs: actor, actress, dancer, musician, art instructor,
Typical jobs: various trades such as mason, plumber,	clothes designer, gallery operator
welder, mechanic, appliance repair, carpenter, truck driver	□ Arts – Skilled
□ Consumer Economics	Typical training: apprentice, OJT, tech-school
Typical training: apprentice, OJT, tech-school	Typical jobs: technical illustrator, camera operator, floral
Typical jobs: baker, cook, upholsterer, butcher, dry cleaner,	designer, sign painter, display artist, map maker
tailor, child development specialist	□ Service – Professional
□ Outdoor	Typical training: 4 or more years of college or OJT
Typical training: apprentice, OJT, tech-school	Typical jobs: teacher, coach, physician, counselor, nurse,
Typical jobs: landscaper, brush picker, farmer, fisherman,	social worker, dentist, doctor
forester, tractor operator, dairy farmer	□ Service – Skilled
□ Business – Professional/Skilled	Typical training: apprentice, OJT, tech-school
Typical training: 4 yrs college, tech-school, OJT	Typical jobs: flight attendant, cosmetologist, mail carrier,
Typical jobs:	security guard, bus driver, fire fighter, custodial worker,
□ Military	childcare, geriatric aide
☐ Army ☐ Navy ☐ Air Force	
☐ Marines ☐ Coast Guard ☐ Nat'l Guard	

RESUME WORKSHEET

Your street address		Your city, state, zip code	
Your area code and	phone number	Your social security number	er
Employment O	bjective : (You may	use this sample obje	ective or write y
		a company where perience in a business	
anowiougo in jo.	o siano do Won do oxi	501101100 III a ba 3111033	
Porsonal Char	ectoristics: (Circle	siv words which doser	ihos vou host)
	·	six words which descr	
ambitious	diligent	helpful	patient
ambitious artistic	diligent disciplined	helpful humorous	patient perceptive
ambitious artistic assertive	diligent disciplined dynamic	helpful humorous imaginative	patient perceptive productive
ambitious artistic assertive careful	diligent disciplined dynamic eager	helpful humorous imaginative independent	patient perceptive productive quick
ambitious artistic assertive careful cheerful	diligent disciplined dynamic eager easy-going	helpful humorous imaginative independent industrious	patient perceptive productive quick reliable
ambitious artistic assertive careful cheerful committed	diligent disciplined dynamic eager easy-going efficient	helpful humorous imaginative independent industrious innovative	patient perceptive productive quick reliable resourceful
ambitious artistic assertive careful cheerful committed confident	diligent disciplined dynamic eager easy-going efficient energetic	helpful humorous imaginative independent industrious innovative leader	patient perceptive productive quick reliable resourceful responsible
ambitious artistic assertive careful cheerful committed confident conscientious	diligent disciplined dynamic eager easy-going efficient energetic enterprising	helpful humorous imaginative independent industrious innovative leader methodical	patient perceptive productive quick reliable resourceful responsible sensitive
ambitious artistic assertive careful cheerful committed confident conscientious considerate	diligent disciplined dynamic eager easy-going efficient energetic	helpful humorous imaginative independent industrious innovative leader	patient perceptive productive quick reliable resourceful responsible
Personal Chara ambitious artistic assertive careful cheerful committed confident conscientious considerate cooperative creative	diligent disciplined dynamic eager easy-going efficient energetic enterprising enthusiastic	helpful humorous imaginative independent industrious innovative leader methodical motivated	patient perceptive productive quick reliable resourceful responsible sensitive serious
ambitious artistic assertive careful cheerful committed confident conscientious considerate cooperative	diligent disciplined dynamic eager easy-going efficient energetic enterprising enthusiastic flexible	helpful humorous imaginative independent industrious innovative leader methodical motivated open-minded	patient perceptive productive quick reliable resourceful responsible sensitive serious sincere

Work Experience: (List your most current job first.) Name of Employer Start Date to End Date (Month/year - Month/Year) Your Job Title Activities You Performed Name of Employer Start Date to End Date (Month/year - Month/Year) Your Job Title Activities You Performed Name of Employer Start Date to End Date (Month/year - Month/Year) Your Job Title Activities You Performed **Education:** Name of High School Month and Year Graduating Name of School Month and Year Graduating Certificate/Degree Earned Awards, Honors, etc: References: Name of Previous Employment or Other Name School Person to Talk To (Full Name) Teacher to Talk To Street Address Street Address City, State, Zip City, State, Zip Area Code and Phone Number Area Code and Phone Number

RESUME SAMPLE

JAMES WEST

124 Main St Thousand Oaks, CA 91360 (805) 555-1223 SS# 123-45-6789

EMPLOYMENT OBJECTIVE: My current objective is to work in a local business where I

can gain further knowledge in job skills as well as

experiences in a business environment.

<u>PERSONAL CHARACTERISTICS:</u> Dependable Good Natured

Energetic Cooperative Dedicated Goal-Directed

SPECIFIC SKILLS AND ABILITIES: ROP Automotive Repair (1993)

CPR Certification (1995)

WORK EXPERIENCE: Clerk/Automotive Department

Jan 95 to Present K-Mart, Thousand Oaks Carol Johnson, Supervisor

Duties: Assist customers, restock shelves, pricing,

inventory control

Jun 93 to Jan 95 Counter Person

McDonalds, Newbury Park Ralph Conners, Supervisor

Duties: took food orders, ran cash register, assembled food orders, cleaning as needed

Sept 92 to Jun 93 Independent Carrier

News Chronicle Newspaper Thomas Cran, Supervisor

Duties: Delivered newspapers, collected payments,

obtained new orders

EDUCATION Westlake High School Jun 96 Graduate

<u>AWARDS, HONORS RECEIVED OR</u>

SPECIAL INTERESTS:

Football (92-96) Honor Roll (93-94)

BMX Race - 2nd Place (1989)

Hobbies: Fixing old cars, surfing, music

REFERENCES: Carol Johnson

K-Mart

1440 Hampshire Road, Thousand Oaks, CA 91362

(805) 555-1234

Joe Max

Westlake High School

101 Lakeview Cnyn., Westlake Village, CA 91361

(805) 555-2345

EMPLOYMENT APPLICATION

PERSONAL						
Last Name	First	Midd	lle		Date	
Street Address	_				Home Phone	#
City, State, Zip					Business Pho	one #
	sly applied for employment with				Social Securi	ty #
Position applying	for:				Pay Expected	i
	for full time work? ☐ Yes ☐ Nos will you work?				Will you work if asked?	c overtime
Do you have any If yes, name:	friend or relatives working for u	ıs? □ Yes □	No		When can yo	u start?
Is there anything	which would keep you from per mmodations will you need?					l No
Are you legally el	igible to work in the United Stat	tes?				
Other special train	ning or skills (languages, machi	ne operatior	ı, etc.)			
EDUCATION						
School	Name and Location	Course Majo		No. Years Completed	Did you graduate?	Degree or Diploma
High School						
College						
Business/Trade Technical						
Military						
Other training:						
Military	Did you ever serve in the Arme Forces? ☐ Yes ☐ No	ed	t "yes"	", what Brand	cn?	

	ve accurate complete full-time and part-time employment Start with your present or most recent employer.
1.	
Company Name/Employer	Telephone
	()
Address	() Employed (Month/Year) Fromtoto
Duties	Position
Reason for Leaving	Hourly Rate/Salary
2.	
Company Name/Employer	Telephone
	()
Address	() Employed (Month/Year) Fromto
Duties	Position
Reason for Leaving	Hourly Rate/Salary
3.	
Company Name/Employer	Telephone
Address	() Employed (Month/Year) Fromto
Duties	Position
Reason for Leaving	Hourly Rate/Salary
4.	
Company Name/Employer	Telephone
Address	() Employed (Month/Year) Fromto
Duties	Position
Reason for Leaving	Hourly Rate/Salary
May we contact the employers listed above? [☐ Yes ☐ No

REFERENCES	Give name, address and telephone number of three references who are not related to you and are not previous employers.
1.	
2.	
3.	
SPECIAL SKILLS	AND QUALIFICATIONS
Summarize special job re	elated skills and qualifications from employment of other experience.

Job-Related Social Skills by Marjorie Montague & Kathryn Lund

Disabilities:

LH, AD/HD, Autism

Level:

Ages 15-20 yrs.

Description of program:

A curriculum that focuses on 18 job-related social skills. The reproducible lessons could be used to address IEP transition goals and activities

Setting:

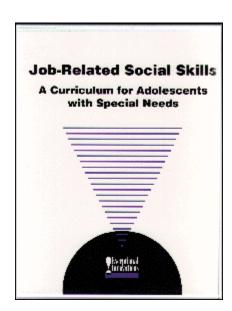
Large group, small group or individual

Publisher:

Thinking Publications
POB 163
Eau Claire WI 54702
800-225-4769
www.thinkingpublications.com

Cost:

\$75.00



Social Skills on the Job

Disabilities:

All

Level:

High School; Adult

Description of program:

Video vignettes & software. Includes topics:

- Introductions
- Greeting authorities
- Getting to work on time
- Knowing who to ask for help
- Dealing with employer criticism

Setting:

Video-large group Software-individual

Other issues regarding program:

Could be used with non-readers

Publisher:

AGS Publishing www.agsnet.com

Cost:

\$299.95 (Mac or Windows)



Interview Guide

You can get a great deal of valuable information about the world of work from people employed in various occupations. To identify employed individuals who may be able to supply you with current, comprehensive career information, begin with those persons most easily accessible to you: your family, friends, co-workers, school and other resources.

REMEMBER:

You are not asking for a job.

You have the right and responsibility to yourself to seek information from those who can help you.

Prepare yourself for the information interview by learning as much as you can about the field and the person you will be interviewing.

Prepare a list of questions you want to ask.

Be prepared to take notes during the interview.

Express interest and appreciation.

Who did you interview?

Where do they work?

What is his/her career?

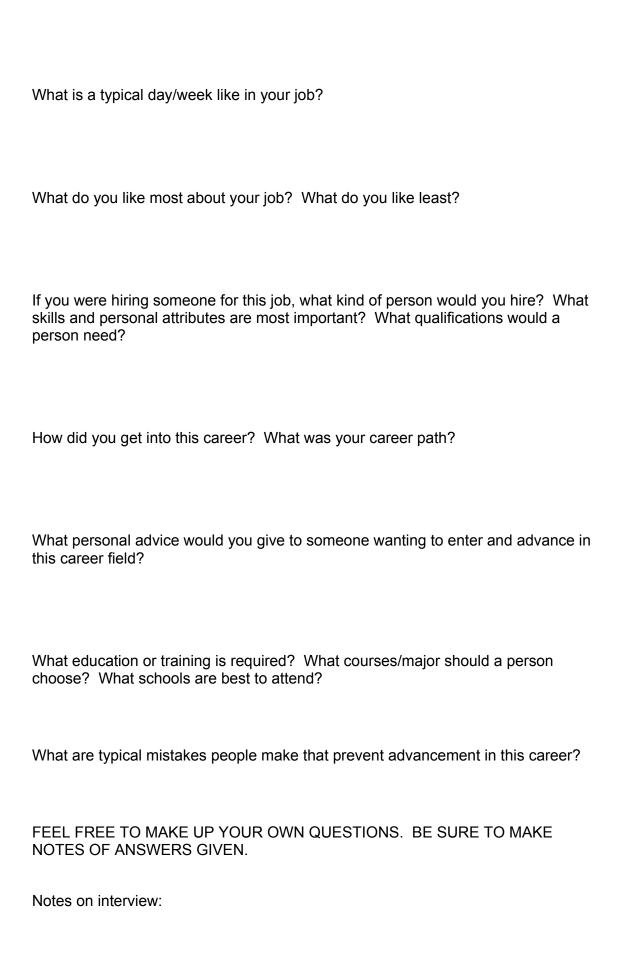
STANDARD INFORMATION INTERVIEW QUESTIONS:

How would you characterize this career? (Competitive, conservative, rapidly changing, stressful, etc.)

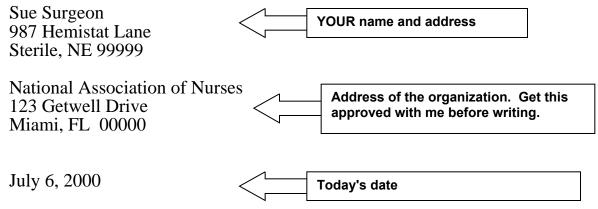
What are your predictions for the future for this career? Is it expanding?

Are qualified workers needed in this field? Where is the greatest need?

What is the potential income for this career? What is the typical starting salary range?



Sample Business Letter

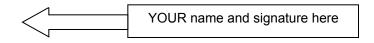


To Whom It May Concern:

In our 9th grade English course, we are researching careers. I am very interested in nursing careers and would like more information about the profession. Please send me any information you have available to the above address.

Thank you in advance for your attention to this request.





Sue Surgeon

Use a business font. 12 or 14 pt. Run spell check. Print two – one to send and one to turn

EMPLOYMENT GOALS

Date Name	
I have taken a career interest test, and a test to look at my skills and abilities	
At this point, I am interested in jobs in the following areas:	
Things that I will need to learn to do, or accomplish, to get to that/those jobs are:	
1	
2	
3	
4	
5	

Assessment Tools

ADOLESCENT AUTONOMY CHECKLIST

SKILLS AT HOME	CAN DO ALREADY	NEEDS PRACTICE	PLAN TO START	ACCOMPLISHED
Kitchen:				
Operate appliances (cook top, oven,				
microwave, toaster, dishwasher)				
Use common kitchen tools (can opener, bottle				
opener, knife, measuring cups and spoons,				
grater, timer, egg beater, ice cream scoop)				
Help plan and prepare meals				
Follow a recipe				
Put away the leftovers				
Set the table				
Do the dishes				
Familiarity with contents of packaged foods				
Laundry				
Laundry: Put dirty clothes in hamper				
Sort clothes				
Use washer and dryer				
Iron				
Hand wash				
Fold clothes				
Put clothes away				
With the family:				
Watch TV news and discuss together				
Help take care of siblings				
Participate in family decisions				
Plan family outing				
Take care of pets				
Take care or pers				
Housekeeping				
Clean Room				
Make the bed/change the bed				
Choose decorations for room				
Minor repairs (change light bulbs, repair or				
assemble toys)				
Take out the trash				
Basic sewing/mending skills				

ADOLESCENT AUTONOMY CHECKLIST (CONTINUED)

SKILLS AT HOME	CAN DO ALREADY	NEEDS PRACTICE	PLAN TO START	ACCOMPLISHED
Cardoning				
Gardening: Plant a garden				
Mow/water the lawn				
Weed the garden				
3				
Learn appropriate use of garden tools				
Emergency:				
Plan fire exits and emergency procedures				
Know where candles and flashlights are				
Use a fire extinguisher				
Know how to turn water off				
Know community emergency telephone				
numbers				
Know where extra house key is located				
Unclog the sink or toilet				
Personal Skills:				
Use the phone				
Have a house key				
Budget allowance				
Go shopping				
Have privacy in the bathroom				
Manage personal grooming (shampoo, bath, shower)				
Get a haircut				
Choose appropriate clothes to wear				
Health Care Skills:				
Understand health status				
Be aware of existence of medical records,				
diagnosis information, etc.				
Prepare questions from doctors, nurses,				
therapists				
Respond to questions from doctors, nurses, therapists				
Know medications and what they're for				
Get a prescription refilled				

ADOLESCENT AUTONOMY CHECKLIST (CONTINUED)

SKILLS AT HOME	CAN DO ALREADY	NEEDS PRACTICE	PLAN TO START	ACCOMPLISHED
Health Care Skills (continued):				
Keep a calendar of doctor, dentist				
appointments				
Know height, weight, birthdate				
Learn how to read a thermometer				
Know health emergency telephone number				
Know medical coverage numbers				
Obtain sex education materials/birth cont5rol				
if indicated				
Discuss role in health maintenance				
Have a genetic counseling if appropriate				
Discuss drugs and alcohol with family				
Make contact with appropriate community				
advocacy organization				
Take care of own menstrual needs and keep a				
record of monthly periods				
Community Skills:				
Get around the city (pedestrian skills, asking				
directions)				
Use public transportation (taxi, bus, etc.)				
Locate bathroom in unfamiliar building (i.e.				
know how to ask)				
Know about neighborhood stores and services				
Use a pay phone				
Use a phone book				
Open a bank account				
Get a library card				
Get a picture ID				
Get a Social Security Card				
Use Post Office				
Volunteer for community services				
Leisure Time Skills:				
Help plan a party				
Invite a friend over				
Subscribe to a magazine				
Read a book				

ADOLESCENT AUTONOMY CHECKLIST (CONTINUED)

Leisure Time Skills (continued):		
Plan a TV viewing schedule		
Go for a walk		
Join the Scouts, YMCA/YWCA, 4-H Club		
Go to a recreation center		
Go to camp		
Attend school functions (plays, dances,		
concerts, sports)		
Go to Church		
Keep a calendar of events		
Participate in a sport		
Skills for the Future- Education:		
Meet with school Guidance Counselor		
Check future educational options		
V .: 177 1 : 10 ::		
Vocational/Technical Options		
Contact school Guidance or DVR Counselor		
Check on local workshops/job opportunities		
Find out about apprentice programs		
Get information from community colleges		
Learn how to apply for a job		
Living Arrangements:		
Be aware of federal housing regulations for		
the disabled		
Explore group homes and tenant support		
apartment living programs		
Find out about financial assistance programs		
Learn how to manage money and budget		
household expenses		
Understand leases		
Know the responsibilities of a tenant and		
landlord		
Know hot to fill out an application		
Check for wheelchair accessibility if needed		
Look into transportation		

Developed by the Youth in Transition Project (1984-1987) University of Washington Division of Adolescent Medicine and based on a Model developed by the Children's Rehabilitation Center at the University of Virginia.

WORK BASED PROJECT LEARNER COMPETENCY ASSESSMENT PLAN WORKPLACE ESSENTIAL SKILLS

Student Name:	Date Enrolled:
Completed By:	Date:

Objectives to be Completed	Objective #	Objective The participant will be able to	Verification Method
V	1	Read written workplace documents in order to acquire information.	
V	2	Follow directions provided in written format.	
$\sqrt{}$	3	Use oral communication skills in order to provide or acquire information.	
$\sqrt{}$	4	Understand and apply a problem solving process in the work environment.	
$\sqrt{}$	5	Fill in or complete information requested on work forms.	
V	6	Apply appropriate discussion techniques in group or a team meeting.	
$\sqrt{}$	7	Use basic arithmetic operations needed to complete a workplace task.	
$\sqrt{}$	8	Demonstrate work habits appropriate for successful job performance.	
	9	Explore reasons for working.	
	10	Make a career plan.	
	11	Gather information about jobs and careers.	
	12	Assess skills, experiences, and interests.	
	13	Use want ads and job postings to find out about available jobs.	
	14	Make the job search your job.	
	15	Explore the application process.	
	16	Understand how employers screen job seekers.	
	17	Complete job application forms.	
	18	Understand the purposes of resumes and learning how to write one.	
	19	Learn how to decide if a job is right for you.	
	20	Compare job opportunities.	

Objectives to be Completed	Objective #	Objective The participant will be able to	Verification Method
	21	Understand the interview process.	
	22	Prepare for an interview.	
	23	Learn appropriate ways to follow up after an interview.	
	24	Understand an employer's expectations.	
	25	Explore what it means to be work-ready.	
	26	Set goals that will help succeed on the job.	
	27	Explore safety issues in the workplace.	
	28	Learn about safety procedures on the job.	
	29	Learn how to protect themselves and co-workers from danger.	
	30	Explore ways to learn on the job.	
	31	Take responsibility for own training and for the other requirements of a new job.	
	32	Learn how to use training and feedback opportunities to advance career.	
	33	Express himself clearly and listen actively.	
	34	Understand and use nonverbal clues.	
	35	Prevent and solve problems through communication.	
	36	Learn ways to communicate well with co-workers.	
	37	Learn ways to communicate well with supervisors.	
	38	Apply methods of resolving conflicts with others.	
	39	Learn to do work as part of a team.	
	40	Solve problems as a team member.	
	41	Act as part of an effective team.	
	42	Understand how satisfied customers benefit you and your business.	
	43	Learn ways to meet customers' needs.	
	44	Solve problems with difficult customers.	
	45	Write accurately and clearly.	

Objectives to be Completed	Objective #	Objective The participant will be able to	Verification Method
	46	Write for a purpose and an audience.	
	47	Use the "right words".	
	48	Write information clearly and accurately.	
	49	Fill out forms accurately and completely.	
	50	Use charts effectively.	
	51	Plan written communications with a purpose and audience in mind.	
	52	Organize and write first drafts.	
	53	Write, proofread, and distribute final drafts.	
	54	Recognize the purpose for which something was written and the purpose for reading it.	
	55	Adjust the way you read to match your purpose for reading.	
	56	Use strategies to help understand what has been read.	
	57	Understand how to read forms and determine their purpose.	
	58	Understand how to read charts and determine their purpose.	
	59	Complete and interpret forms and charts.	
	60	Read written instructions—skim, read each step slowly, and check for understanding.	
	61	Interpret pictorial instructions—recognize their form, use key features, and summarize them.	
	62	Follow instructions—study them, get clarification if needed, and understand the consequences of not following them.	
	63	Understand the purpose and organization of memos, reports, and references.	
	64	Find the information you need by skimming, scanning, and using additional sources.	
	65	Use workplace references to complete job tasks and solve problems.	
	66	Read and compare place values.	

Objectives to be Completed	Objective #	Objective The participant will be able to	Verification Method
	67	Sort and group numbers and use patterns.	
	68	Estimate by using round numbers.	
	69	Add and subtract numbers.	
	70	Multiply and divide numbers.	
	71	Estimate with lead digits and compatible pairs, and to check work done with a calculator.	
	72	Understand and use decimals.	
	73	Understand and use fractions.	
	74	Understand and use ratios, proportions, and percents.	
	75	Measure using the English system and calculate with English measurements.	
	76	Measure using the metric system and calculate with metric measurements.	
	77	Choose formulas and use them to solve problems with measurements.	
	78	Read bar graphs, circle graphs, line graphs, and spreadsheets.	
	79	Draw conclusions based on data.	
	80	Make predictions based on data.	
	81	Find averages of groups of numbers.	
	82		
	83		
	84		
	85		
	86		
	87		
	88		

Objectives to be Completed	Objective #	Objective The participant will be able to	Verification Method
	89		
	90		
	91		
	92		
	93		
	94		
	95		
	96		
	97		
	98		
	99		
	100		





Skills Inventory

Check those skill areas you are good at, those you enjoy using, and those you plan to develop or strengthen.

	Good/ Capable of	Enjoy using	Develop/ Strengthen
Working with People	cupusic of	using	Strengthen
•Advising, counseling, interviewing			
•Assisting, protecting, providing physical care			
•Coordinating work w/ others			
•Persuading, negotiating, selling			
•Supervising, directing, assessing			
•Training, instructing			
Working with Hands or Equipment •Designing equipment, developing systems •Doing precision work •Drafting, drawing •Installing, setting up, constructing •Maintaining, inspecting, repairing			
 Operating machines or equipment 			
•Using tools, measuring			
Communicating			
 Explaining, answering questions 			
 Extensive reading, active listening 			
 Following written and oral instructions 			
Making presentations			
Public speaking, broadcasting, entertainingWriting, preparing reports			
Organizing Information			
• Analyzing, interpreting, evaluating			
•Developing ideas		-	
•Gathering information, conducting research			
•Keeping records, cataloguing			
Making diagrams			
 Planning, making decisions 	- 	-	
Working with Math			
•Analyzing numerical data			
Calculating, computing, applying formulas			
•Developing budgets			
Mathematical reasoning			
• Wathematical reasoning			
Special Activities			
Attention to detail			
 Managing time/resources 			
•Memorizing			
 Performing, creating art 			_
•Quick thinking			
•Spatial visualization			
		H:lp/CDC/hando	uts/SkillsInventory/7-03



University of Wisconsin-Milwaukee Career Development Center • www.uwm.edu/Dept/CDC Mellencamp 128 • 414-229-4486



Identify Your Skills Through Success Stories

STEP #1: Think about an accomplishment that you are proud of and **enjoyed** achieving. It may be related to school (getting an A in a difficult class), work (being chosen as employee of the month), community (helping build a house through Habitat For Humanity), or personal (helping a friend or family member solve a problem).

	(helping a friend or family member solve a problem).				
	Describe this accomplishment below. Be sure to address the following: - steps you took to achieve this accomplishment - hurdles or obstacles you had to overcome and how you got past them - aspects that were most satisfying - why this was an accomplishment for you				
STEP #2:	What skills did you use to accomplish this task successfully? Use the Skill Categories and Lists handout (found at www.uwm.edu/Dept/CDC/cdc_tools.html) to identify 10 transferable and/or personal/miscellaneous skills.				
	10 Transferable and/or Personal/Miscellaneous Skills				

STEP #3: Repeat this exercise with five accomplishment stories. Identify which skills are being used most often. Consider making an appointment with a CDC counselor to discuss how your skills relate to your own career development.



Transferable Skills

414.288.7423 ■ career.services@marquette.edu ■ www.marquette.edu/csc ■ Holthusen Hall, 1st floor

Transferable, functional skills are required in many different work situations. They are built into your liberal arts education and are valued by employers. A bit of reflection will allow you to see that your courses, research projects, college work experience, extracurricular activities, internships and field study experiences have all been instrumental in providing you with skills that employers value. If asked in a job interview how your education has prepared you for a specific job, you can be ready with some good answers if you think about it beforehand. Take a look at the list below and determine which of these transferable skills you have developed.

	termine which of these transferable skills you have developed.
Pla	anning and Organizational Skills
	Meet deadlines and manage time effectively
	Work under time and environmental pressures
	Successfully juggle multiple demands (school and work)
	Identify and prioritize things to be accomplished
	Assess needs
	Develop goals for self and/or an organization
	Work effectively with organization members
	Follow up with others to evaluate progress of tasks
	Stick to a difficult endeavor and see it through to completion (4 years of college)
	tical Thinking Skills
	Quickly and accurately identify the key issues when making a decision or solving a problem
	Identify general principles that explain data or human behavior
	Examine assumptions underlying analyses or conclusions
	Recognize interrelationships in information obtained from diverse sources
	Use facts to judge validity of theories
	Create innovative solutions to complex problems
	Critically evaluate theories and research and apply the results to solve problems
	ıman Relations and Interpersonal Skills
	Maintain group cooperation and support
	Keep a group on track when working towards a goal
	Interact and work effectively with peers, superiors and subordinates
	Interact with and appreciate people from diverse cultural, social, ethnic and religious back-
_	ounds
	Communicate effectively and sensitively in both individual and group situations
	Teach a skill, concept or principle to others
	Leadership skills
	Demonstrate effective social behavior in a variety of settings and circumstances
	Effectively collaborate with others to complete projects or reach goals Delegate tasks and responsibilities
ш	שבובקמנב נמאא מווע ובאשוואוונובא

☐ Ability to work on a team on diverse assignments

<u>Or</u>	al and Written Communication Skills
	Organize and present ideas effectively for formal and spontaneous speeches
	Effectively participate in group discussions and brainstorm ideas
	Debate issues while respecting the opinions of others
	Read and condense large amounts of material
	Write reports clearly, grammatically, concisely, objectively, convincingly and in appropriate format
	Write and speak effectively in a foreign language
	Delivered verbal presentations clearly and persuasively
	Express and defend ideas in a clear, objective, non-dogmatic manner
	Effectively utilize campus resources for public relations
	Use various media to present ideas effectively and/or imaginatively
	Possess courteous telephone skills
Re	search and Investigation Skills
	Use a variety of sources of information to research problems or answers to questions
	Conduct literature searches on
	Develop a new research question(s)
	Apply a variety of research methods to test the validity of data
	Design and experiment, plan or model that systematically defines a problem
	Construct, administer and interpret questionnaires or surveys
	Ethically recruit and treat research subjects
	Select appropriate statistical tests for the analysis of research
	Analyze and interpret statistical data.
	Interpret qualitative and quantitative data
	Use computers or laboratory equipment to assist with research
	Select, administer, score, and interpret various psychological tests or assessments
	Deal effectively with financial, temporal, and personnel constraints on research
<u>Co</u>	mputer Skills
	Use computer software to prepare reports, graphs, brochures, etc and to conduct research
	Internet research and e-mail skills
	Computer programming skills
	Webpage and website design skills
Pe	rsonal Skills
	Define and explain ethical behavior and practice it in difficult situations
	Take initiative in job related duties
	Tolerance for stress and ambiguity
	Demonstrate flexibility and ability to handle change
	Identify personal values and apply them when making decisions
	Ability & motivation to develop knowledge and skills in expanding job responsibilities
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Cruz

New economy organizations value liberal arts education because general skills can better prepare the student for changing economic conditions than pre-professional courses. Liberal arts curricula (i.e., fields including English, literature, social, physical, and natural sciences) offer a competitive edge for job seekers in the current information-based economy. It is important for the student to supplement his/her core liberal arts skills with proficiencies in research design, data analysis, computer applications, and general areas of business. The student should take a variety of courses that uniquely position him/her in the job market in order to become more competitive in today's economy.

New Economy Skills	Courses for Enhancing New Economy Skills
Core Liberal Arts Skills - Written Communication - Oral Communication - Creativity - Critical Thinking - Theoretical Thinking	Core Liberal Arts Skills Traditional liberal arts courses with written and oral components. Courses in history, English, and communications may be particularly beneficial. Philosophy and political theory classes can develop theoretical thinking.
Research Design Skills	Research Design Skills Social science-related courses. Research design skills are usually covered in the first semester of a two-semester research sequence.
Data Analysis Skills	Data Analysis Skills Applied statistics courses and discipline-specific social science data analysis courses. Courses in policy analysis may also be beneficial.
Computer Application Skills	Computer Application Skills Social science statistical analysis courses, computer information system courses, and geography or public administration courses for geographic information system skills.
General Business Skills	General Business Skills Basic business courses. Public administration courses for public sector accounting, management, and finance.

Knotts, H. Gibbs. (2002, Spring). Rethinking Liberal Arts Skills in the New Economy. *NACADA Journal*, 22 (1), 26-31.

More Transition Assessments

Independent Living

- Brigance TSI independent living, employability and post secondary
- Social Responsiveness Scale (SRS) up to 18 years old
- Child Behavioral Checklist (CBCL) up to 18 years old
- Scales of Independent Behavior Rev. (SIB-R) thru 81+ years
- TEACCH Transition Assessment Profile (TTAP) leisure skills, functional communication, interpersonal behavior
- Informal Assessments for Transition independent living and community participation
- Rubrics for Transition I: for higher functioning students attitude, responsibility, interaction with others, habits of wellness
- Rubrics for Transition III: transition skillS
- Adolescent Autonomy (AHTP) Checklist

Checklist – Skills at home Healthcare skills

Community skills
Leisure skills
Skills for the future

- Community Access Skills Summary (CASAS)
- Basic Independent Living Skills Summary (B-ILSS)
- Nelson Education
- · Responsibility and Independence
- Scale for Adolescents

Training/Education

- TEACCH Transition Assessment Profile (TTAP) vocational skills, vocational behavior
- Education Characteristics to Consider when Choosing...

Employment

- Aviator 3 Valpar
- Magellan Valpar
- VCAT Valpar
- Brigance Employability Skills Inventory
- Career Key Inventory
- Minnesota Careers Assessment
- New York Career Zone
- The Princeton Review Career Quiz
- ASVAB match to occupation
- Brigance Transition
- PAES generalized skills, interest, eptitude
- SCANS Assessment
- CBM

Transition Counseling Worksheet

This Counseling Worksheet can be used to prepare the student to participate in the Transition Portion of the IEP meeting. The "Teacher's Guide" version can be used for first-time teacher users with prompts for lead in statements provided. More experienced teachers can use the stand-alone "Student Interview Worksheet" without prompts.

Either version should result in a completed "Student Input for the Transition Portion of the IEP" worksheet to be brought by the student to the meeting.

Ventura County SELPA www.venturacountyselpa.com

Transition Counseling Worksheet

(To be used with the "Student Input to the Transition Portion of the IEP"
Worksheet, if appropriate for the student)

TEACHER'S GUIDE

Annotated Version
(with prompts
for new users)

IEP coming up on Now that you are getting close to becoming an adult, it is important that the things we do in school help you to reach your dreams and goals for who and what you want to be and do in your life I want you to be as honest as you can, so together we can come up with a plan that you feel is best for you.					
1) SELF AWARENESS/SELF ADVOCACY: (Ideas for what to say) It is important that all of us have a good understanding of who we are as people, both our strengths and our weaknesses. This helps us to make decisions about the things that we want to do with our lives, and also to understand how to ask for help or support if we need it. Those of us with a disability need to be knowledgeable about it and able to tell people what we need.					
How do you see yourself as a person/student/worker? What are your strengths and what do you feel are your weaknesses (things that are hard for you)?					
What is the disability that makes you eligible for Special Education services? Can you describe it? What are the challenges (If any)?					
What are the supports that you need to help you, in school, at home, other places (if any)?					
Do you ask for help and supports if needed?					
What are the things you need to work on to help you be a better self-advocate for yourself: Nothing, I think I'm fine (or): • •					

Note to Case Manager: There are many worksheets and tools in the Transition Portfolio under "Self Advocacy," as well as the SELPA website, under "Transition/Resources for Students/Self Advocacy" for activities to work on in this area. There are also Goals (and related probes) in the IEP Goals Bank under "Transition/Self Advocacy."

idea of where and how you plan to live once you are out of school. It is ok to have a short term goal for right after leaving school (college dorms, parents' home, etc) as well as a long tern goal for when you are "fully adult."
Where do you see yourself living shortly after you leave school?
Where do you see yourself living 4-5 years after leaving school?
What things do you need to find out/learn/work on in order to achieve your long range goal? Nothing, I'm all set (or): • • •
Note to Case Manager: There are many activities for independent living skills (bills apartments, budgets, etc) in the Transition Portfolio Guide under "Independent Living" as well as tools for assessing skills on the website under "Transition/Resources for Students/Independent Living." In addition, there are Goals (and related Probes) in the IEP Goals Bank under "Independent Living."
3) CAREER/VOCATIONAL: (Ideas for what to say) Everyone should leave school with ideas for careers that they would like to have as an adult. Part of what we are going to do together is to help you decide the kinds of careers you might like to have, and to consider how your strengths and weaknesses will fit those career ideas. It's ok if you change your ideas more than once while you are in school. That's what school is for, to help you figure out what you might want to do.
(Review with student the career interest test(s) they've taken and the results.) Career Interests Tests taken: Month/Year:
Career Interests Results:
What career(s) are you interested in at this time?
What is it about that/those careers that you like?

2) INDEPENDENT LIVING: (Ideas for what to say) It is important that you have an

(Review with student the career skills test(s) they've taken and t Career Skills Tests Taken:	Month/Year:
Areas of Strength: Areas of Need:	
At this time, does it seem as if your strengths and skills are suite interest?	ed for your career
(If yes) What are the things do you need to work on/learn to hele	lp you get there?
You may skip ahead to # 4.	
(If no) Are there other careers in your career cluster that seem in Are there other careers that are also of interest to you? (and/or) Do you have a "back up" career in case your first choice does not	
If you are not sure, what are some of the things that you could d careers: • • •	o to explore more about
Note to Case Manager: There are many Career Exploration Skills Assessment tools in the Transition Portfolio Guide und as well as the SELPA Website under "Transition/Resources Interests and Career Aptitudes/Skills." In addition, there are Probes) in the Goals Bank of the IEP Software under "Tran Exploration."	der "Career/Vocational" for Students/Career e Goals (and related
(If the student wants to continue to work toward his/her career g between interests and skills:) What are the areas that you need to work on in order to be ready •	
4) EDUCATION/TRAINING: (Ideas for what to say): Now to	hat you have an idea of
what career(s) you have in mind, we also need to think about what raining or education you may need to be qualified for that care will have a certificate or degree which makes you much more like you want.	hat kind of additional er. If you plan well, you
Does you career require college?	
Are you planning to go to college?	

(If yes) Which one?
(If student knows which college)
What kinds of things do you need to work on in order to get you ready for that college? Nothing, I'm all set (or): •
•
(If the student does not know about college, or which one to go to:) What kinds of things do you need to learn/do to have a better idea about college? • • • •
Note to Case Manager: There are many college exploration tools and activities in the Transition Portfolio Guide under "Education" as well as the SELPA website
under "Transition/Resources for Students/Education." In addition, there are many activities in the SELPA booklet, "Going to Collegeor Thinking About it?" located on the SELPA webpage under "SELPA Publications, A-Z." In addition, there are many college Goals (and related Probes) in the IEP Goals Bank under "Transition/Education."
activities in the SELPA booklet, "Going to Collegeor Thinking About it?" located on the SELPA webpage under "SELPA Publications, A-Z." In addition, there are many college Goals (and related Probes) in the IEP Goals Bank under
activities in the SELPA booklet, "Going to Collegeor Thinking About it?" located on the SELPA webpage under "SELPA Publications, A-Z." In addition, there are many college Goals (and related Probes) in the IEP Goals Bank under "Transition/Education."
activities in the SELPA booklet, "Going to Collegeor Thinking About it?" located on the SELPA webpage under "SELPA Publications, A-Z." In addition, there are many college Goals (and related Probes) in the IEP Goals Bank under "Transition/Education." (Whether or not the student is planning on going to college)
activities in the SELPA booklet, "Going to Collegeor Thinking About it?" located on the SELPA webpage under "SELPA Publications, A-Z." In addition, there are many college Goals (and related Probes) in the IEP Goals Bank under "Transition/Education." (Whether or not the student is planning on going to college) Does your career require a vocational certificate or degree?
activities in the SELPA booklet, "Going to Collegeor Thinking About it?" located on the SELPA webpage under "SELPA Publications, A-Z." In addition, there are many college Goals (and related Probes) in the IEP Goals Bank under "Transition/Education." (Whether or not the student is planning on going to college) Does your career require a vocational certificate or degree? (If yes) Which one?

Note to Case Manager: There are many goals in the IEP Goals Bank under "Transition." Remember that all the goals are correlated to the items on the SCANS assessment, to help you and the student to find areas to work on to help prepare him/her for their career goal(s). Some Goals will look like regular academic goals, but with a vocational focus (such as reading instructions, taking a phone message, making change, or reading bus schedules). Other goals will be specific to work related skills (such as customer service or problem solving).

Transition goals may be written for one year, or shorter, as appropriate. Goals that require ongoing instruction and practice would be written for one year. However, a

goal to "explore five careers of interest and write a paper about them" or "visit the community college and enroll in the Disabled Students Program" may be accomplished within a semester or shorter.

Remember that all Transition Goals should be reported on with Progress Reports just as any other goal. If there are other persons responsible for implementing the goals, (WorkAbility Specialist, Work Experience Educator, ROP Instructor, School Counselor, parents) it is still the responsibility of the Case Manager to collect data on outcomes for making the Progress Report. All of the Transition Goals in the IEP Software Goals Bank have Probes that can be used as documentation of attainment of the Transition Goals.

After completing this interview with the student, work with him/her to select priorities for inclusion in the IEP. Have him/her record them (if capable) on the "Student Input for Transition Portion of the IEP Worksheet" and bring to the IEP so s/he can inform the team of the areas in the IEP.

Ventura County SELPA

www.venturacountyselpa.com

"Student Input for the Transition Portion of the IEP" Worksheet

Student	
Age Years left	in school
Special Education Case Mana	ager
Date(s) of Counseling	
•	Ianager, my family, and other trusted adults, here are d the things I would like to work on to help me get
Independent Living: (Put your long range living goal) Within years of leaving soan To help me get to that goal, I not Nothing, I am all set (chool, I hope to be living ineed to work on:
(or) I don't plan to attend colle	nool I hope to be enrolled in, ege or a training program t colleges and training programs, or to get my goal, I need
Career Cluster	chool I hope to be employed as a that cluster that I am also interested in:
(And/Or) If my first choice doe	esn't work out, my other career choice is:
To help me to find out more about Mothing, I'm all set (or	out careers or to reach my career goal I need to work on:):

Thanks for being at my IEP today. I appreciate all the help that I can get to help me reach my goals.

Case Manager Checklist

This checklist will assist the special education case manager to remember to consider necessary steps for transition for their diploma – bound students with autism.

Ventura County Transition Project

TEACHER'S CHECKLIST

FOR POST-SCHOOL TRANSITION PLANNING

В	ef	0	re	the	e n	ne	eti	ng	:

	Did you work with the student prior to the IEP meeting to assist him/her in articulation of his/her dreams and goals? (career assessments and transition counseling)				
	Did you prepare the student to participate in the IEP meeting?				
	If the student has a Transition Portfolio, did you work with him/her to put in evidence of career activities?				
	Did you invite the student to the IEP meeting?				
	Have you informed the student (<i>prior to the 17th birthday</i>) that all special education rights will transfer to him/her at 18?				
	Did you reach out to other agencies as appropriate to attend or give input? (see page 3 of Exit Summary for local agencies)				
<u>Duri</u>	ng the meeting:				
	Did you make every effort to keep the meeting positive and student-focused while the student was present, assisting him/her in speaking up for him/her self?				
	If the student has a Transition Portfolio, did you encourage him/her to share it with the team to demonstrate career interests and activities?				
	If the student was not able to attend, did you bring documentation of his/her dreams/goals for Post-Secondary outcomes?				
	Did you note the dreams and goals under Post-Secondary outcomes on the transition page?				
	Did you develop Post-Secondary outcomes in the areas of Training/ Education & Employment, and if appropriate Independent Living?				
	Did you note the "Course of Study" and is the course of study reflected in the entire IEP through schedule, services, goals and objectives, and accommodations, and did you indicate any specific courses needed for the desired Post-Secondary outcomes?				
	Did you write at least two Annual Goals related to transition?				
	Did you note at least 2 transition services to support the goals?				
	Did you note activities, location and person responsible for the services?				
	Did you note any Related Services that the student may need in order to accomplish transition activities? (i.e. speech and language, transportation)				
	Did you note any needed agency referrals?				
	If an agency representative was unable to attend, did you note their input and how it was obtained?				
<u>Afte</u>	r the meeting:				
	Did you report progress on transition goals along with all other IEP goals?				
	Did you continue to "check in" with student on transition outcomes, and provide opportunities for Career Exploration and/or try out if appropriate?				
	Provided by: Ventura County Transition Project Fran Arner-Costello, Director of Programs & Services Ventura County SELPA (805) 437-1560 farnerco@vcoe.org				

Transition Materials available for Teachers at SELPA- All on our website at www.venturacountyselpa.com

- #A Parent's Guide to Transition Planning" brochure (English and Spanish)
- Going to College. . . or Thinking About it"

"A Teacher's Guide for Transition Portfolios"

"Adult Services Resource Directory"