

SPECIAL EDUCATION TRANSITION ACTIVITIES FOR AT-HOME LEARNING

ACTIVITIES THAT CAN SUPPORT YOUR CHILD'S TRANSITION TO LIFE AFTER HIGH SCHOOL

We all want our children to be successful in school and in life. For students receiving special education services, the word “transition” means a set of activities intended to help them transition to life after high school. These activities take into consideration individual student needs, preferences, and interests.

This chart provides you with a way to identify at-home learning that can help bring about good transition outcomes for your child. Age-appropriate grade levels are identified for each activity; because, as you know, transitioning to adulthood doesn't happen overnight. You can do many things to help your child develop skills that will allow him or her to be as independent as possible and focus on skills he or she may need in life after high school.

AREA	AT-HOME LEARNING CONNECTIONS	K-5	6-8	9-12	18+
Employment Skills <ul style="list-style-type: none"> • Exploring Careers • Learning about Job Tasks • Identifying Appropriate Work Habits and Behaviors 	Identify employment interests by visiting O*Net OnLine or Texas Workforce Commission .	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Visit 50 Videos for Career Path Explorations which introduces students to a variety of careers.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Visit Next Vista for Learning or CareerOneStop to watch videos about different careers.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Visit Photo Career Quiz and 123Test to explore pictures of different careers or job choices.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Access ExploreWork to go through a series of activities to explore talents and create a plan.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Work on the components of a transition portfolio binder. Include items like resumes, cover letters, thank you notes, personal and professional references, and answers to sample interview questions. T-Folio is a free transition portfolio tool.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Practice completing job applications, both online and on paper. Review Job Application Tips for Teenagers .	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Practice appropriate employment soft skills , such as punctuality/time management and following directions . Soft Skills to Pay the Bills focuses on teaching “soft” or workforce skills.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Education and Training Skills	Visit U.S. Department of Education’s College Scorecard to investigate available programs, costs, and enrollment requirements for preferred colleges and training programs.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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<ul style="list-style-type: none"> Exploring Postsecondary Education Options Learning about Postsecondary Training Programs Exploring What to Do Before Graduating High School 	Visit Khan Academy for information on how to prepare for college entrance tests (ACT, SAT).	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Learn about how to write a college scholarship essay and practice using the most common prompts found on this site.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Make a poster of colleges or training programs of interest after visiting and researching CollegeScorecard .	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Visit youthhood.org to explore life in high school and plan for life after graduation.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Explore ThinkCollege to learn about college opportunities, applications, financial aid, and scholarships.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Explore Disability Services at colleges, and learn about disclosing your disability .	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Visit TexasOnCourse to make decisions that will help you succeed after high school.	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Independent Living Skills <ul style="list-style-type: none"> Exploring Transportation Options Learning about Budgeting and Personal Finance Identifying Personal Skills for Self-Care and Household Chores Exhibiting Responsible Citizenship Utilizing Recreational Facilities and Engaging in Leisure Activities 	Count money, make correct change, and teach your child about money with age-appropriate activities found on the Practical Money Skills website.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Get a couple of bills that you normally pay and look at how much they cost each month. Have a conversation about how much/many hours you must work to pay the bills. Visit Cents and Sensibility to learn about money management.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Visit NextGen Personal Finance for budgeting activities that can be done with your child.	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
Assign your child age-appropriate chores to learn and practice using household appliances (e.g., blender, toaster oven, crockpot, washer and dryer) and tools (e.g., lawnmower, weed eater, screwdriver, hammer).	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Create a chore system where your child will earn money (fake or real money) that he or she can use to buy things he or she wants (e.g., game time, screen time, music time, special	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	

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	treats). Visit BusyKid , which is an online app for this activity.				
	Visit TexasYouth2Adult which connects families with support tools and information to help teens and young adults make the transition from childhood to adulthood.	☐	☒	☒	☒
	Plan and prepare meals using cookbooks, magazines, or recipes from product boxes, a home collection, or online. Healthy Little Foodies is a website that helps with the benefits of cooking with kids.	☒	☒	☒	☐
	Make a “commercial” using a phone or iPad that shows proper hygiene (e.g., shaving, brushing teeth, combing hair, handwashing, and social distancing practices).	☒	☒	☒	☒
	Complete health assessments to determine needs and gather resources at Got Transition .	☐	☒	☒	☒
	Research living options and determine the cost. Look for ads in the newspaper or online for the availability and cost of apartments, duplexes, or rental properties. Discuss whether your child will live independently or with roommates. If your child will be living at home, research ads for how much renting a room would cost. Do not forget to determine the cost of utilities such as Wi-Fi, electric, gas, water, etc.	☐	☐	☒	☒
	Visit the National Highway Traffic Safety Administration (NHTSA) to learn about road safety. Navigate the community using a preferred mode of transportation (e.g., car, bus). Plan the route, the amount of time it will take, and how much it will cost (i.e., gas, fare).	☒	☒	☒	☒
Self-Determination <ul style="list-style-type: none"> Understanding Self-Determination Being Self-Aware 	Visit I’m Determined for opportunities to practice self-determination skills, such as setting goals, considering options, making choices, etc.	☒	☒	☒	☒
	Print out Mindfulness Activity Task Cards to help children pay attention to the present moment. These activities can be done together as parent & child or as a family.	☒	☒	☒	☐

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<ul style="list-style-type: none"> Developing Good Decision-Making and Problem-Solving Developing Social Awareness Understanding Disability Rights and Responsibilities 	Access College and Career Framework for activities and resources to help your child with intrapersonal and interpersonal skills (e.g., confidence, managing conflict, self-regulation) in a virtual and home environment.	☐	☒	☒	☒
	Ask your child to explain what has been challenging about completing schoolwork at home and what strategies could help by building self-advocacy skills .	☒	☒	☒	☒
	Have your child use art supplies or technology to create an “All About Me” poster. Include interests for employment, hobbies, strengths, likes, difficulties, etc.	☒	☒	☒	☐