

Preparing Transition Tools for Post-College Life

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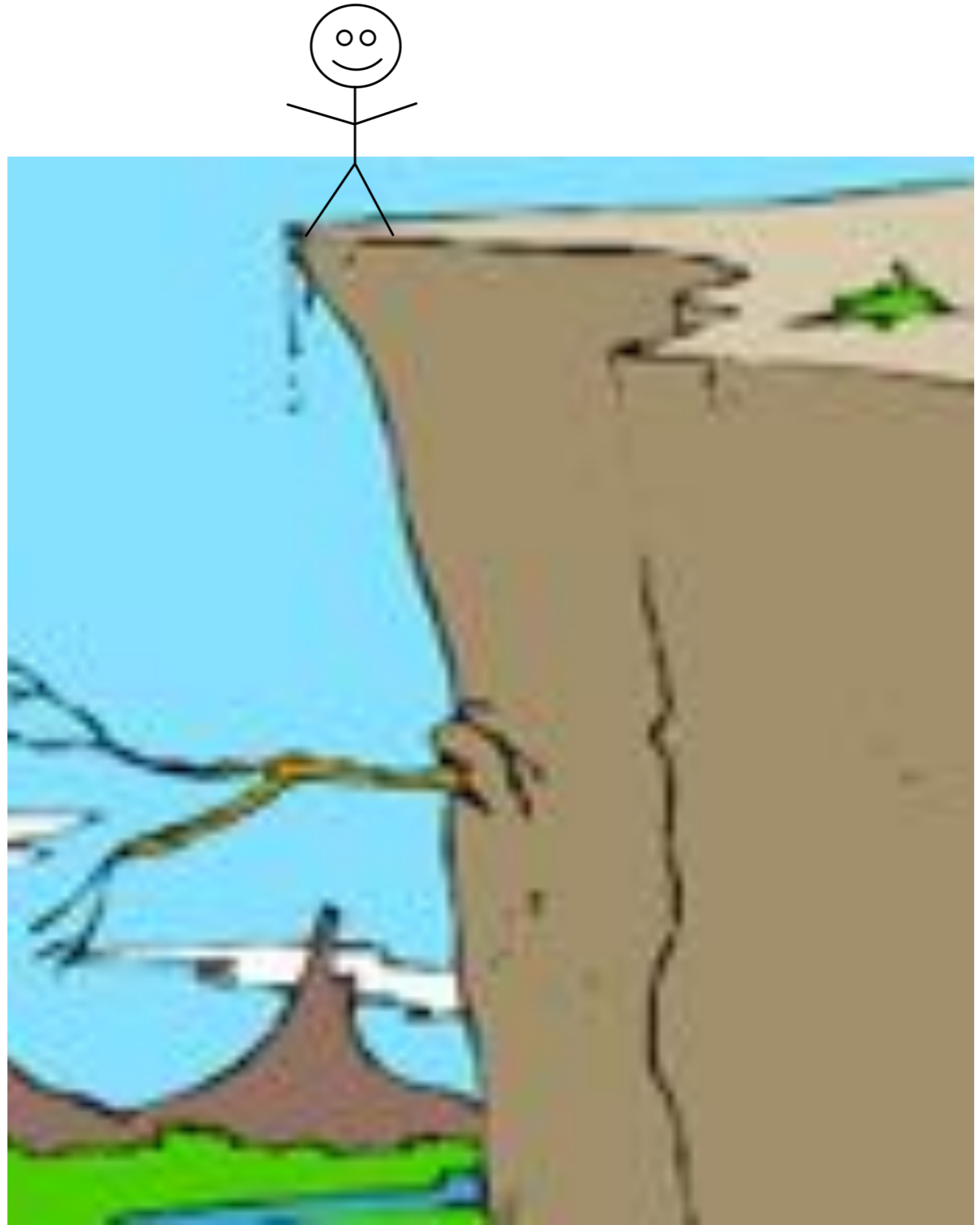
Think-Pair-Share

How did you feel after graduating college? What made your transition easy/hard?

Transition Planning

- * Transition planning during high school
- * Prepares students for the future
- * Currently, there is nothing in place to assist students in the transition out of college.

Falling off the Cliff... Again



Falling off the Cliff... Again





Our Experiences

Transition Tools

- * **Next Steps Alumni Association**
- * **Alumni Resource Guide**

Next Steps Alumni Association

- * Established so that alumni could have monthly social interactions with their friends in the community.
- * Alumni work with staff to plan and execute social events for alumni and current students.



Supporting Alumni

Supports were created for alumni to scaffold the event planning process.

- * One-on-one event planning meetings
- * Video modeling
- * Task analysis on PowerPoint
- * Independent event planning checklist
- * Templates and task analyses for communication



Event Planning Checklist

1. What?

- I have come up with a list of ideas that everyone will enjoy.
- This event is appropriate for both male and female alumni.
- I have confirmed with the event center that they will be able to host an event.
- I have listed the activities of the event or need to alumni.
- This event will allow the alumni to interact with one another, catch up, and spend quality time with one another.

The activities that we will be doing is _____

Where is it _____

2. When?

- I have decided the date and time of the event.
- The event is taking place at a time when the majority of alumni can participate (morning or weekend).
- I have confirmed with the event center that they will be open at that time.
- Event tickets are printed. No event is held during conflicting T&E events.
- The exact times for pick-up and drop-off have been established.
- The RSVP form and Google form has been created.

The event will be on _____ at _____ AM/PM.

The time for students to be dropped off is _____ AM/PM.

The time for students to be picked up is _____ AM/PM.

The RSVP deadline is _____ and the list is due back on _____.

3. Where?

- The location has been established.
- I have researched the event venue and found the address.
- The exact pick-up and drop-off location has been decided.

The location of the event is _____

Address: _____

The place for students to be dropped off is _____

The place for students to be picked up is _____

Alumni who participate...

- * Gain leadership experience
- * Have social interaction with friends
- * Learn about event planning logistics
- * Participate in social and recreation opportunities in the community.
- * Problem-solve
- * Practice choice- and decision-making





Next Steps at Vanderbilt Alumni Resource Guide

Title	Alumni Reso...
Introduction	
Safety	
Recreation	
Community Engagement	
Transportation	
Residential Living	
Employment	
Self-Advocacy	
Health	
My Goals	
Independent Living	
Academics	

+ Section + Page

Alumni Resource Guide

Class of 2020

Alumni Resource Guide

Piloting Fall 2018

Methodology

- * Review of transition literature
- * Survey - Students, alumni, and their parents used self-report scales numbered 1 to 100 (1 being “no knowledge” to 100 being “a lot of knowledge”). Participants were asked what additional information students need to know for each domain; survey responses were collected and analyzed for common themes.

Implementation

- * Implemented during years 3 and 4 to assist with and enhance Independent Study projects
- * Serves as a starting point of reference
- * As students add to the handbook and complete activities, they proactively build a customizable reference guide to use after graduation.

Overall Structure

- * Follows the same structure and sequence throughout
- * Easy to learn and to use
- * Created on OneNote so it would be organized, easy to add to, and accessible on multiple formats



The image shows a screenshot of a OneNote table of contents for a document titled "Next Steps at Vanderbilt Alumni Resource Guide". The table has two columns: "Title" and "Alumni Reso...". The table lists various topics, each with a colored square next to it. At the bottom of the table, there are two buttons: "+ Section" and "+ Page".

Title	Alumni Reso...
Introduction	
Safety	
Recreation	
Community Engagement	
Transportation	
Residential Living	
Employment	
Self-Advocacy	
Health	
My Goals	
Independent Living	
Academics	

Structure: Table of Contents

- * Written based off statements of alumni's desires or feelings
- * Each statement relates to a section of the handbook
- * Subsections are listed under each section
- * Connected to My Goals page

Introduction

You are now a college graduate... congratulations! It is a huge accomplishment and a great "next step" towards your future!

At this time, you may feel nervous because you have less support than you did while you were a student; this feeling is normal. All college graduates feel nervous when they start life after college. This guide should help answer some of your questions and help you get used to post-graduation life.

If you need any extra support, you can also contact the Next Steps staff. They are committed to helping you as best as they can after you graduate!

Table of Contents

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▶ I am sick or hurt.	8
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"I am lonely" ...	14
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"I want to be involved in my community" ...	32
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▶ I want to learn about places in my community.	45

Structure: Sections

- * Safety
- * Recreation
- * Community Engagement
- * Transportation
- * Independent Living
- * Residential Living
- * Employment
- * Academics
- * Self-Advocacy
- * Health

I Am A Self-Advocate

According to the Arc of Tennessee, "self-advocacy means speaking up for yourself about your rights, interests, needs and desires. It involves making informed decisions and taking responsibility for them." As an adult, you will need to practice self-advocacy in order to reach your goals for a meaningful, successful life.

I want to...

- Practice Self-Awareness (see Part A)
- Vote (see Part B)
- Visit my Representatives (see Part C)
- Join Self-Advocacy Groups (see Part D)
- Disclose My Disability (see Part E)
- Learn About My Identity (see Part F)
- Have Leadership Opportunities (see Part G)



★ As a Next Steps student, you were prepared to be a successful self-advocate. For example, you may have visited Capitol Hill, advocated for changes in the Vanderbilt community, or practiced self-awareness. Think about the ways that you were a self-advocate while in college. List at least three examples below.

I Am Lonely

Becoming a college graduate is exciting, but the change in schedule can be hard. Sometimes college graduates miss seeing their friends every day and having scheduled fun activities. Alumni can still see friends, do fun activities, and attend events. It just takes a little planning!

I want to...

- Meet friends out for a social activity (see Part A)
- Come back to campus for a university event (see Part B)
- Join an inclusive organization in the community (see Part C)
- Take art classes (see Part D)
- Use apps to find fun activities (see Part E)



I Want to Be Employed

As a Next Steps student, you participated in internships to gain valuable work experience. As a graduate, you can gain more work experience and earn income by having a job.

I want to...

- Find A Job (see Part A)
- Be A Good Employee (see Part B)
- Request Accommodations in the Workplace (see Part C)
- Learn About Resources for Employment (see Part D)



Structure: Sections

- * Introduction Page
- * Social Story
- * Emphasis on connections to college experiences
- * List of subsections
- * General open-ended activity for skill practice

I Want to Be Involved in My Community
As a college student, you stayed busy by being an involved member of the university community. You may have joined a club, attended campus events, visited different places on campus, or volunteered with your peers. As a graduate, you can stay busy and have fun by being an involved member of the Greater Nashville community!

Learn About Community Resources (see Part A)

Explore Places in My Community (see Part B)

Join a Faith Community (see Part C)

Volunteer in My Community (see Part D)

Learn About Places in My Community (see Part E)
List all the ways that you stay busy as a Next Steps student under "VU

Activities." *What organizations are you a part of? What volunteering do you participate in? Where you do you like to spend your free time on campus?*

Then, think about how those activities can continue after graduation. List ways that you can spend your free time in your community under "Post-Grad

Activities."

Structure: Subsections

- * Provide information and/or resources on a specific topic within the larger section
- * Open-ended activity for skill practice

I Want to Eat Healthier **B**

As a Next Steps student, you learned the importance of healthy eating both in your Independent Living classes and in your nutrition sessions with HDAL coaches. You may have practiced making good food choices while having lunch at the Commons or packing your lunch at home. As a graduate, you need to fuel your body with healthy food choices so that you can remain energized and full throughout the day. Cooking healthy meals at home is a healthier and cheaper alternative to buying fast food. You can make cheap, healthy, and delicious meals at home, it just takes a little planning!

The US Department of Agriculture (USDA) created a **MyPlate** diagram (seen on right) to show people what a healthy plate looks like. **MyPlate** shows you how much of each type of food should be on your plate.

Food Log: As a Next Steps student, you completed a food log. As a graduate, you can continue to keep track of what you eat by using a notebook or a phone app. The USDA has a Food Tracker program that allows you to keep track of what you are eating and how many calories you consume each day.
<https://www.usda/tracker.usda.gov/foodtracker.aspx>

Choose Healthy Alternatives: As an adult, you need to make choices about the food that you eat. Sometimes you may have a choice between two different foods and you can compare which would be a healthier option. For example, if you want something sweet, fruit is a healthier alternative to cookies. You can read the labels on the food to decide which food is a better choice. The USDA also has a Food-A-Rado program that allows you to compare the nutrition information of two foods so that you can make an informed choice.
<https://www.usda/tracker.usda.gov/foodadvice.aspx>

Cook Healthy Meals: There are many different resources online to find healthy recipes. The Tennessee Peer Wellness Coaches provide 50 healthy recipes here: https://www.tn.gov/assets/entres/behavioral_health/attachments/Recipes_Quits.pdf



Structure: My Goals

- * Checklist of post-graduate skills
- * Connected to Table of Contents
- * Starting point for Independent Study projects

My Action Plan Date: _____

In order to make my life meaningful and successful, these are a few things that I want. Check the boxes below to determine what things you should work on.

- "I am lonely" ...
 - I want to meet friends out for a social activity.
 - I want to come back to campus for a university event.
 - I want to meet new friends or join an inclusive organization in the community.
 - I want to take art classes.
 - I want to use apps to find fun activities.
- "I want to be involved in my community" ...
 - I want to learn about community resources.
 - I want to explore places in my community.
 - I want to join a faith community.
 - I want to volunteer in my community.
 - I want to learn about places in my community.
 - I want to find apps to explore my community.
- "I can't get where I need to go" ...
 - I want to use public transportation.
 - I want to use [AccessAble](#).
 - I want to use Uber or Lyft.
 - I want to learn about wheelchair accessible transportation.
 - I want to apply for a driver's license.
 - I want to own a vehicle.
 - I want to use apps for travel.

Structure: My Goals

- * Choice-making
- * Template for Goal-setting
- * Person-Centered Planning Meeting Notes
- * Partnership with The Arc of Davidson County's "Future Planning" Services

My Goals Date: _____

Think about the things that you checked to work on in your Action Plan. Then, write at least three specific goals for yourself to work on between now and your next meeting. Ask a friend or family member to be your witness to your goals; they can help keep you on track. Sign your name near "my signature" to promise yourself that you will try your best to meet your goal.

For example, if you checked "I want to meet new friends or join an inclusive organization in the community," a good goal might be "By January, I will join at least one new Vanderbilt organization and one new organization in my community." In the notes, I might include ideas for organizations to join (e.g. Soccer Club and Saddle Up).

By _____, I will _____

Notes: _____

My Signature: _____ Witness Signature: _____

Content: Safety

- * Fill in circle of support
- * Complete emergency contact lists
- * Compile medical information
- * Build a first aid kit

I need to contact someone.
I have an emergency!
I am sick or hurt.
There's an app for that!

I Need Help

There are many people in the community that can support you after you leave college. These people can be family members, friends, and community members. All adults need help sometimes. If you need help, you should contact the people on this list.

I need to contact someone. (See Part A)
I have an emergency! (See Part B)
I am sick or hurt. (See Part C)
There's an app for that! (See Part D)

Work with a family member to fill the chart below. Write in the names of the people who are members of your circle of support.

My Circle of Support

The diagram consists of four concentric circles. The innermost circle is labeled 'Self/Advocate'. The next ring is labeled 'Family'. The next ring is labeled 'Friends'. The outermost ring is labeled 'Community'.

I Am Sick or Hurt

C

Sometimes, I may get sick or hurt. When this happens, I need to get help by going to the doctor or the hospital. It can be scary to go to the doctor, but I know that the doctor is here to help me.

When I am sick, I will think about whether or not it is an emergency. If it is an emergency, I will call 911. If it is not an emergency, I will go to the doctor's office.

If I need to go to the doctor's office, I will need to schedule an appointment. I can schedule an appointment by calling the office phone number. When I call the office, the receptionist will ask me my name, phone number, and why I want to see the doctor. The receptionist may ask for my insurance information; I will read the information in the blue box on the next page. When I go to the doctor, I may need to fill out paperwork, so I should bring this information with me. If I need help filling out the paperwork, I can ask the receptionist for help.

Is it a medical emergency?

I ate or drank a poisonous substance.	Yes, call poison control at 1-800-222-1222 .
I am fainting.	Yes, call 911.
I am choking.	Yes, call 911.
I have a head injury.	Yes, call 911.
I have severe vomiting.	Yes, call 911.
I am having trouble breathing.	Yes, call 911.
I have chest pain and I am vomiting.	Yes, call 911.
I have a deep cut that won't stop bleeding.	Yes, call 911.
I have a severe burn.	Yes, call 911.
I may have broken a bone.	Yes, call 911.
I had a seizure for the first time.	Yes, call 911.
I have a sore throat.	No, schedule a doctor's appointment.
I have a headache.	No, schedule a doctor's appointment.
I have an earache.	No, schedule a doctor's appointment.
I have a fever that is relieved by medicine.	No, schedule a doctor's appointment.
I have a muscle sprain.	No, schedule a doctor's appointment.
I am sunburnt.	No, use first aid materials.
I have a small cut or scrape.	No, use first aid materials.
I have a bug bite.	No, use first aid materials.

If you have an injury or symptom that does not fall into any of the above categories, call your doctor. If your doctor is unavailable, call a trusted adult on your contact list.



Fill this out. Then, cut this sheet out and place it in your wallet.

Emergency Contacts

If there's an emergency (fire, serious injury, or dangerous person), call **911**.

If you need help, but it is not an emergency, call one of the contacts below.

Contact Name: _____	# _____
Contact Name: _____	# _____
Contact Name: _____	# _____
Contact Name: _____	# _____
Contact Name: _____	# _____
Contact Name: _____	# _____



If you accidentally ate, drank, or came in contact with something that could be poison, call Poison Control at **1-800-222-1222**.

I Want to Schedule An Appointment

Insurance Information

Insurance company _____	ID # _____
Policy holder's name _____	Group # _____
Phone # _____	Copy # _____

Doctor's Information

Name _____
 Address _____
 Office # _____
 Emergency Line # _____



Dentist's Information

Name _____
 Address _____
 Office # _____
 Emergency Line # _____



Content: Recreation

I want to:
Meet friends out for a social activity.
Come back to campus for a university event.
Join an inclusive organization in the community.
Take art classes.
Use apps to find fun activities.

- * Find activities in your community
- * Practice planning an alumni event
- * Find art class

I Am Lonely

Being a college graduate is exciting, but the change in situation can be hard. Sometimes college graduates miss seeing their friends every day and having convenient fun activities. We hope our list of fun activities and social events is just what a little planning!

I want to:
Meet friends out for a social activity (see Part 1)
Come back to campus for a university event (see Part 2)
Join an inclusive organization in the community (see Part 3)
Take art classes (see Part 4)
Use apps to find fun activities (see Part 5)



Think about some activities that you like to do in your free time. Then, record the event(s) for your preferred activities to complete the table below. Please include the name of the activity (example: evening), the location of the activity (example: Starbucks' good stuff), the day and time of the activity (example: Tuesday from 10:00-12:00), and any additional information you feel (example: cost, registration information, etc.).

	Activity #1	Activity #2	Activity #3
Activity:			
Where:			
When:			
Additional Notes:			

I Want to Join an Inclusive Organization in the Community

C

National and Local Organizations:



Best Buddies is an organization that would match me with a peer who does not have a disability to form a one-on-one friendship. Best Buddies also has group activities for everyone involved in their local chapter. There is no age limit for Best Buddies. There is no cost to join, but some group activities or fundraising events may have fees.

Fees: Only for some events. **Age Limit:** None. **Other Considerations:** None.

Contact Information (National)

Website: <https://bestbuddies.org/find-programs/>
Click on your state and find the office closest to you.

Phone: (800) 334-2233

What to ask: "I would like to join an Adult Friendship Program near my home."

Contact Information (Middle Tennessee)

Website: <https://bestbuddies.org/find-programs/tennessee>

Phone: (615) 881-2048

What to ask: "I would like to join the Adult Friendship Program in Nashville."



Gig's Playhouse Down Syndrome Achievement Center's mission is to change the way the world views Down syndrome through national campaigns, educational programs, and by empowering individuals with Down syndrome, their families, and the community. We offer free therapeutic and educational programming to individuals with Down syndrome and their families.

Fees: None. **Age Limit:** None. **Other considerations:** Specialty for people with Down syndrome.

Contact Information (National)

Website: <https://gigsplayhouse.org/>

Phone: 847-883-6148

What to ask: "I am a person with Down syndrome and would like to join a center near my hometown."

Contact Information (Local)

Website: <https://gigsplayhouse.org/the-hill/>

I Want to Meet Friends for a Social Activity

A

To plan a social event, follow these steps:

- 1) Pick an event.
 - Find local places to visit (ex. movie theater, bowling alley, mall, museum, sporting event, etc.).
 - If you need suggestions, search the internet for "things to do in Nashville".
- 2) Pick a place.
 - Consider a place that is accessible by public transportation.
 - Pick an exact drop-off and pick-up location.
- 3) Pick a date and time.
 - Pick a date and time when most people would be available. Remember, most people work or attend school from 9-5 on weekdays, so events should be planned on the weekend or a weekday after 5PM.
 - Make sure that the place will be open on the date and time you selected.
- 4) Find out the cost.
 - Call the place or check their website to see how much it will cost per person.
 - Consider if this event is too expensive for most people to afford.
 - If the event is around lunch or dinner time, how much money should people bring for food?
- 5) Invite friends!
 - Text, call, or email your friends to ask if they would like to attend. Tell them what you will be doing, where the location is, the date and time, and the cost.
 - Make sure to plan a social event early so that your friends have advanced notice to plan to attend.

I Want to Use Apps to Find Fun Activities

E



The Official Nashville Visitors Guide: Find things to do and places to visit in Nashville!



Things To Do Nashville: Find things to do and places to visit in Nashville!



Nashville Live Music Guide: Find live music in Nashville, TN!



Williamson County, TN Magazine: Find fun community events and places to visit in Williamson County, TN.

Content:

Community Engagement

- * Choose preferred community activities
- * Choose places to visit
- * Choose volunteering opportunities
- * Community mapping

I want to:
Learn about community resources.
Explore places in my community.
Join a faith community.
Volunteer in my community.
Learn about places in my community.
Find apps to explore in my community.

I Want to Be Involved in My Community

As a college student, you stand out by being an involved member of the university community. You study, attend campus events, visit different places on campus, or volunteered with your peers. How can you best and have fun by being an involved member of the Greater Faculty community?

I want to...

- Learn About Community Resources (see Part II)
- Explore Places in My Community (see Part II)
- Join a Faith Community (see Part II)
- Volunteer in My Community (see Part II)
- Learn About Places in My Community (see Part II)
- Find Apps to Explore My Community (see Part II)



1. List all the ways that activities being as a first-time student under "100 Activities." What organizations or volunteer groups do you participate in? When do you do your best to spend your free time on campus? Then, think about how these activities can continue after graduation. List what you can continue to do in your community under "Post-Grad Activities."

100 Activities	Post-Grad Activities
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____
• _____	• _____

I Want to Learn About Community Resources

A

As a new graduate, you may find some tasks to be hard and need some help to do them. All adults need help sometimes; there are places in the community that are made to help us. If you need information or help, contact these organizations.



Vocational Rehabilitation (VR) provides a variety of individualized services to persons with disabilities in preparation for their employment in the competitive labor market. VR advocates employment outcomes for clients that are consistent with their individual strengths, resources, abilities, capabilities and informed choice. VR can provide transportation, employment, and independent living supports for eligible individuals. <https://tn.gov/humanservices/topic/vocational-rehabilitation>

Tennessee Services for the Blind and Visually Impaired is a part of the Department of Human Services' Division of Rehabilitation Services; it offers several programs to assist individuals who are blind or visually impaired. These services include: Vocational Rehabilitation, Independent Living Services, Deaf-Blind Services, Newsline for the Blind and Visually Impaired, Register for the Blind, and Tennessee Business Enterprises. <http://www.tennessee.gov/humanservices/topic/blind-visually-impaired-services>

Tennessee Services for the Deaf, Deaf-Blind, and Hard of Hearing is a part of The Tennessee Department of Human Services' Division of Rehabilitation Services; the division provides specialized vocational rehabilitation services to eligible clients who are deaf, deaf-blind or hard of hearing. Thirteen (13) Vocational Rehabilitation Counselors, who are specially trained to work and communicate with persons who are deaf, deaf-blind or hard of hearing, provide services that enable their clients to enter, retain, or return to competitive employment. Services are individualized and depending upon a person's needs may include the following: Guidance and Counseling, Vocational Training, Post Secondary Education, Interpreting Services, Provision of Hearing Aids and Other Adaptive Devices, Personal Adjustment Training, Technology Services, Job Placement, Physical Restoration, and Information Referral. <https://tn.gov/humanservices/topic/deaf-and-hard-of-hearing-services>

Tennessee Technology Access Program (TTAP) is a statewide program designed to increase access to, and acquisition of, assistive technology devices and services. Through its four core programs: Funding Assistance, Device Demonstration, Device Loan and Device Reutilization, TTAP and a network of five assistive technology centers help people with disabilities and their families find and get the tools that they need to live independent, productive lives where and how they choose. <https://tn.gov/humanservices/topic/ttap>

I Want to Explore Places in My Community

B

As a student, you explored new places on campus every day. As a graduate, you can begin to explore places in your community. When you visit new places, you can learn new things and meet new people.

Below are some examples of places to visit in Nashville. As you visit new places, add them to your "Favorites" list.

Nashville, TN

- Country Music Hall of Fame
- Ryman Auditorium
- Parthenon
- Belle Mead Plantation
- Centennial Park
- The Hermitage
- Nashville Zoo
- Frist Center for the Arts
- Downtown (Broadway)



My Favorite Places to Visit:



The picture to the left is an example of a community map of New York City. The map highlights the places that people like to visit.

Use the space below to make a map of your community. First, go to Google Maps and type in your home address. Then, zoom-out and use your mouse to view community places around your home. Look for grocery stores, restaurants, hospitals, police stations, etc.

Draw a map to show what types of places are around your home. If you prefer, you can list places to visit around your home instead of drawing it on a map.

Content: Transportation

- * Choose places to visit independently
- * Using MTA Trip Planner
- * Using Uber/Lyft

Use Public Transportation

Use AccessRide

Use Uber or Lyft

Learn About Wheelchair Accessible Transportation

I Want to Apply for A Driver's License

Own A Vehicle

I Can't Get Where I Need to Go

As adults, we need to travel for employment, recreation, and everyday activities. Some adults have driver's licenses and others do not. If we do not have driver's licenses, we can walk, ride a bike, take public transportation, or carpool with a friend.

I want to...

- Use Public Transportation (see Part A)
- Use AccessRide (see Part B)
- Use Uber or Lyft (see Part C)
- Learn About Wheelchair Accessible Transportation (see Part D)
- I Want to Apply for A Driver's License (see Part E)
- Own A Vehicle (see Part F)
- Use Apps for Travel (see Part G)



Below is a list of places that you can visit in your community. Do you visit these places independently? Check the "yes" or "no" box. Then, write the method of transportation you could use to get to these places in the boxes provided.

*The last two boxes are empty; add two more places that you visit in your community.

Do you visit the following places independently (on your own)?

Place	Yes	No	Method of Transportation
Vanderbilt University			

I Want to Use Uber or Lyft

C

Uber and Lyft are apps that help us get where we need to go. If we need to get somewhere that is too far to walk and we are unable to take public transportation, we can request a car. The cost of the ride is paid by using the credit or debit card on your account.



How to Use Uber:

- 1) Download "Uber" app onto your phone.
- 2) Sign up for an account. You will need a credit or debit card.
- 3) Tap the Uber app.
- 4) Tap "Where to?" and type your destination.
- 5) Choose your vehicle. (UberX for 1-4 people or UberXL for 1-6 people.)
- 6) Click "Request Uber" button.

Uber Accessibility Options:

For riders who are blind or visually-impaired, the Uber app is compatible with Voiceover iOS, Android TalkBack, and wireless braille display.

For riders who have mobility difficulties, UberAssist provides vehicles that can accommodate those who use walkers or scooters.

To request an UberAssist:

1. Open your Uber app.
2. Slide to over to the ACCESS option and select uberAssist.
3. Set your location and request your ride.

For riders who use a wheelchair, UberWAV provides wheelchair-accessible vehicles that have ramps and lifts.

To request an UberWAV:

1. Open your Uber app.
2. Slide to over to the ACCESS option and select uberWAV.
3. Set your location and request your ride.

I Want to Plan My Trip

For transportation in Nashville (Davidson County):

1. Go online to: <http://www.nashvillemta.org/>.
2. Click "bus services".



I Want to Apply for A Driver's License

E

Applying for a driver's license is a big step in adulthood. Learning to drive helps you get around independently, which can make getting to work or visiting places in the community easier. Learning to drive is exciting, but it is also a big responsibility. You will need to work hard, be prepared, and be patient. Read the steps below to learn how to apply for a driver's license in Tennessee. If you do not live in Tennessee, use the internet to search for "Apply for Driver's License in _____(state)"

- To obtain a Tennessee license, visit your local TN DOS office. To find your local office, visit <https://www.dmv.org/tn-tennessee/dmv-office-finder.php>
- You will need to bring documentation with you. For a list of documentation you will need, visit <https://www.dmv.org/tn-tennessee/apply-license.php>
- Read the TN Driver Manual here: http://www.tn.gov/assets/entities/safety/attachments/DL_Manual.pdf If you need help reading the manual, you can ask a friend to read it to you or use online software, such as Read&Write, to have it read aloud to you.
- Pass DMV tests
 - o Vision screening - A test to see if you are able to see well enough to drive
 - o Knowledge exam - A test to see if you know the rules of the road (e.g. traffic signs, safe driving skills, etc.)
 - You should study the TN Driver Manual before taking the test so that you do well.

Content:

Independent Living

- * Independent living checklist
- * Write tips for cooking
- * Compare wants and needs for finances
- * Consider how tools can be used
- * Problem-solving

I want to:
Learn about important documents.
Cook for myself.
Manage my money.
Use tools.
Problem-solve.
Use apps to live independently.

Want to Be More Independent

As a first-year student, you learned how to be more independent. In your 100-level, you learned how to cook for yourself, how to do laundry, how to manage relationships, and how to manage your money. As you already know, there are many skills that a graduate needs in order to be independent. In addition, you need to continue to practice all of the independent living skills that you learned as a student so that you can have a successful and independent life.

Learning Objectives

- Learn About Important Documents (see Part II)
- Cook for Myself (see Part II)
- Manage My Money (see Part II)
- Use Tools (see Part II)
- Problem-Solve (see Part II)
- Use Apps to Live Independently (see Part II)

Read the checklist below to self-evaluate your independent living skills. Check the boxes for any skills with which you are comfortable and help.

Independent Living Checklist

- Dress myself
- Take care of my personal hygiene
- Wash the dishes and microwave
- Do laundry
- Clean the kitchen (eg. mop, vacuum, dust, etc.)
- Use cleaning products
- Pay bills
- Clean clothes
- Cook meals
- Budget money
- Make change from cash
- Use a credit/debit card
- Operate ATM
- Use a thermostat
- Use tools
- Use public transportation
- Problem-solve

Introduce to my community (eg. grocery store, bank, etc.)

Manage

Manage my money

Manage my schedule/assignments

Identify my strengths/weaknesses

Problem-solve



I Want to Problem-Solve

As an adult, you may find yourself having some day-to-day problems. You may lose your keys or make a mess in the kitchen or break something. In times like these, it can be frustrating, but you can get past it if you problem-solve! As a Next Steps student, you may have had some trouble in classes or in your internship or with friends; you had to think for yourself and use your resources to make the situation better. If you find yourself having a problem, read the information below.

Who Can I Talk To? If you have a problem, it is a good thing to know who to talk to.

- **What size is your problem?**
First, you should consider the size of your problem. Is it small enough that you can handle it yourself? Is it a medium-sized problem that you may need some help with? Or is it a big problem that you will definitely need help from another adult?
- **How private is your problem?**
Then, consider how private the problem is. Is it a problem that you can talk to a friend about? Is it a problem that you should talk to a family member about? Is it a problem that you should talk to a professional (a doctor, therapist, etc.) about?



What Can I Do If I Have a Problem with Someone Else? If you are upset or angry with a friend, family member, or coworker, you can take positive action to make the situation better.

- **Be Polite, But Direct.** If you are angry with someone, you should be polite, but direct. You should talk to the person in a calm voice and use polite words. Tell the person exactly what they did to make you upset or angry and why it bothers you. For example, "I am angry because you did not invite me to the party. When you did not invite me, it made me feel left out."
- **Be Assertive.** It is always helpful to be assertive and tell the person what you need them to do in the future to make things better. You do not want to be passive (or indirect) or aggressive (or rude). For example, instead of saying, "Don't you think I want to be invited?" or "You better invite me next time!", say "I want to be invited to future events."
- **Take Away Their Feelings.** Sometimes, people bother us by accident and do not know that they are bothering us until we tell them. When you talk to a friend about a problem, be nice. Think about how you may feel if someone yelled at you for doing something by mistake. We all make mistakes and it is important to focus on moving forward and being better next time.

E

I Want to Learn About Important Documents

A

As adults, we have documents that tell people who we are. These documents are very important and must be taken care of. These documents should be kept in a safe place where you know you will be able to find them. Sometimes these documents can be confusing, but we need to understand what they are used for so that we can use them.

Social Security Card

A social security card is a document that has a person's name and social security number on it. The social security number is different for each person and is used for identification purposes. Social security numbers are needed for taxes, banking, and some documents. Social security numbers are very important and should not be shared with strangers.



Passport

A passport is a document used for travel between different countries. It can also be used to prove a person's name and age.

I Want to Use Tools

D

As an adult, you may be responsible for taking care of your home and fixing things when they are broken. Below, you will find basic information about tools and their uses.

Common Tools:

- **Hammer:** is a tool that hits an object; hammers are used to hit nails into walls. You may use a hammer to hang hooks or pictures.
- **Nails:** is a pin-shaped object of metal which can be used to hold things together or to hang something. You may use nails to hang a picture on the wall.
- **Screwdriver:** is a tool, manual or powered, for turning screws. You may use a screwdriver when putting together furniture or changing out doorknobs.
- **Screw:** screws are metal pieces that hold objects together. You may use screws when putting together furniture or holding wood pieces together.
- **Tape measure:** is a flexible ruler used for measurement. You may use a tape measure when you need to measure the length of an entire wall or a larger object.



Content:

Residential Living

I want to:
Find affordable housing.
Rent a place to live.
Pay my own bills.

- * Planning for paying bills
- * Comparing prices of services

I Want to Live On My Own

As a student, you experienced what it is like to be independent. As a graduate, you may want to take the next step in independence... living alone. Living on your own can be very exciting. Many adults enjoy living by themselves or with friends. As a graduate, you can live independently, but it takes a lot of planning and responsibility. Independent living is a big commitment and can be expensive. Adults who live on their own need to make good choices with their money and make an effort to take care of themselves and their living space.

I want to...

Find Affordable Housing (see Part A)

Rent a Place to Live (see Part B)

Pay My Own Bills (see Part C)



★ Adults who live on their own need to make good choices with their money so that they can afford to live by themselves. They must be able to pay their rent, bills, and have enough money left over to take of themselves.

The checklist below contains independent living expenses; items with a star (*) are necessities (needs) and items with a checkbox are luxuries (wants). Research how much it would cost for each of the items on the checklist; then, fill in the blanks with the amounts. Put a checkmark in the boxes of any luxury items you would like to have. Remember to add up the total cost at the end to see if you make enough money to have all the things you want and need.

Monthly Living Expenses

- * Rent in Nashville, Williamson County/other _____
- * Electric bill _____
- * Gas bill _____
- * Renters/homeowners insurance _____
- * Water, sewer, and trash _____
- * Groceries _____
- * Health insurance _____
- Internet service _____
- Cellphone service _____
- Cable/TV service _____
- Subscriptions (e.g. Netflix, Hulu, Spotify) _____
- Memberships (e.g. gym) _____
- Bus pass _____
- Car
 - Car payment _____
 - Gas _____
 - Car insurance _____
 - Car maintenance _____
 - Parking & tolls _____
- Vacation _____
- New Clothing _____
- Entertainment (e.g. dining out, movies, etc.) _____
- Other: _____

My paycheck: \$

My total expenses: \$

(My Paycheck) - (My Total Expenses) = (My Savings)

I Want to Find Affordable Housing

A

Living on your own can be very expensive, so finding affordable housing is very important. There are many resources available to find affordable housing or rental assistance programs in Middle Tennessee. Review the following list with a trusted adult to explore the independent living options that may be available to you.

Metro Development & Housing Agency provides rental housing for eligible low-income families, older adults, and people with disabilities. The public housing authority also administers Section 8 rental assistance in Davidson County. Interested applicants must meet income guidelines and provide proof of residency, income, and identification. <http://www.nashville.msha.org/>

Nashville IDD Housing Group assists families with information on independent housing and supported living resources. Nashville IDD Housing Group services Davidson, Rutherford, and Williamson counties. <http://www.nashvilleiddhousing.org/>

Tennessee Fair Housing Council provides education and advocacy on housing discrimination and negotiates disability-related accommodations with landlords. <http://www.tennfairhousing.org/>

Franklin Housing Authority provides affordable housing to families and individuals with low to moderate income. <http://www.franklinhousingauthority.com/>

I Want to Rent A Place to Live

E

Renting a place to live is a big step in your life. It is new and exciting! There are a few things that you should know and things you can do to make the process easier. Read the information below to learn more about how you can rent a place to live.

- Things to Consider:** Before deciding on where you want to live, you should consider these factors:
- How much money do you have to spend? (You shouldn't spend more than 30% of what you take on housing.)
 - Does the rent include utilities? If not, can you afford rent plus the cost of utilities?
 - Is it close to places you will like to visit?
 - Is it accessible to public transportation?
 - Is it physically accessible (i.e. wheelchair accessible, includes handicapped accessible bathrooms, etc.)?
 - If you want a pet, are they allowed? Do you have to pay pet rent or a pet deposit?
 - Is the neighborhood safe to live in?
 - Can you afford to live alone or will you need a roommate?

Sign A Lease: When you find a place that you would like to live, you have to make an agreement with the landlord. This agreement is called a lease. Before you sign the lease, you should read it with a parent or guardian so that you know what you are agreeing to. After you and the landlord sign the lease, you should make a photocopy of the lease and keep it in a safe place.

Security Deposits: The landlord may ask you to give a security deposit. This is money that you pay when you move in to cover damages that may happen while you live in the apartment. When you pay a security deposit, you need to get a receipt. After you move out (within 30 days), the landlord will return the money if you did not damage the apartment.

Paying Rent: Always pay rent on time, the 1st of the month, or you may be charged a late fee. When you pay rent, never pay cash. Always pay by check, money order, or credit card so that you have a receipt of payment.

Taking Pictures: When you move into and move out of a rental place, take pictures of everything (walls, floors, fixtures, etc.) so that you have a record of how it looks. You can use these pictures as proof if your landlord tries to keep your security deposit for damages.

Content: Employment

- * Recall skills from internships
- * Write interview tips
- * Checklist for being a good employee.
- * Activities for requesting accommodations.

I Want to Be Employed

As a Next Steps student, you participated in internships to gain valuable work experience. As a graduate, you can gain more work experience and earn income by having a job.

I want to...

- Find A Job (see Part A)
- Be A Good Employee (see Part B)
- Request Accommodations in the Workplace (see Part C)
- Learn About Resources for Employment (see Part D)



I want to:
Find a job.
Be a good employee.
Request accommodations in the workplace.
Learn about resources for employment.

I Want to Be A Good Employee

B

Congratulations on being a newly-employed college graduate! It is exciting to have a job and to be able to make money for yourself. As you already know, it is important to make a good impression when looking for a job. It is just as important to continue to make a good impression after getting a job so that you can keep your job.

Review the checklist below to see whether or not you are continuing to do all the things you need to do as a good employee.

- I show up to work on time every day.
- I wear appropriate clothing at work every day.
- When I need to take off from work, I tell my boss in advance.
- I politely greet my coworkers.
- I have a positive attitude at work (e.g. I do not complain.).
- I use positive body language at work (e.g. my head is not on my desk).
- I do not use bad words at work.
- I take constructive criticism well.
- I work independently at work.
- I stay on task at work.
- I communicate professionally by email.
- I communicate professionally by phone.
- I keep conversations at an appropriate length (not too long or too short).
- I use appropriate levels of communication (e.g. I do not email or text coworkers more than one time per day.).
- I communicate at appropriate times (e.g. I do not email or text coworkers after work hours or on weekends.).
- I cooperate with my coworkers.
- I do not text at work.
- I ask for help when I need it.

I Want to Request Accommodations in the Workplace

Sometimes we need to ask for accommodations in the workplace so that the tasks are easier to do. We may need tasks or environments to be changed to be more accessible to fit our needs. We need to be able to express our own strengths and needs in order for others to make accommodations. We also need to be able to tell employers how they can help us be more comfortable in the workplace.

- ★ Every employer has things that are difficult for him or her. You may have specific challenges when you learn or work that your supervisor does not know about. Check off challenges that you may have, and add your own.
 - Difficulty starting up a conversation with others
 - Trouble asking for help when needed
 - Limited or unusual eye contact
 - Trouble communicating verbally (by talking)
 - Difficulty adjusting to changes in your routine
 - Sensory differences, including more sensitive than typical to lights, sounds, smells, or textures
 - Difficulty with organization
 - Easily distracted by things in your environment (trouble staying focused)
 - Difficulty with fine motor skills (using your hands to use scissors, grasp things, or write)
 - Trouble with spelling and grammar
 - Difficulty remembering details
- ★ Asking for reasonable accommodations at a job can help you work better and have a better relationship with your supervisor. Here is a list of reasonable accommodations you might request. Check off 1-3 that you would like to request, if any. Or, write your own.

I Want to Find A Job

A

As an adult, you need to work to make money to support yourself. If you are unemployed or you have a job, but want a new one, you will have to look for a job. Sometimes it can be difficult or scary when looking for a job. However, you have nothing to worry about because as a Next Steps graduate, you are very prepared to be employed! You also have many resources available to you if you need help along the way.

Employment Resources: There are many different resources available that can help you find a job. Different organizations like Vocational Rehabilitation will help you to find a job to fit your needs and interests. To learn about organizations that can help you find employment, turn to part D of this section.

Online Employment Search Engines: If you are unable to visit one of the employment organizations in person or you would rather search for jobs on your own, there are many online

- ★ Fill in your internship information below. Then, write at least two things that you learned at each site.

Year 1, Semester 1: _____

1) _____

2) _____

Content: Academics

- * Write tips for students
- * Write accommodations for school
- * List apps to use in school

I want to:
Apply to a community college.
Apply to a trade school.
Request accommodations at school.
Learn about financial aid.
Use apps for school.

I Want to Go Back to School

As a college student, you took Vanderbilt activities and Career and Community Studies (CCS) classes. You learned a lot of important information and skills in these classes that could be used to help get a job and lead a successful life after college. Sometimes graduates want to go back to school so that they can learn even more skills and get an advanced degree. If you would like to go back to school, please read the information in this section.

I want to...

- Apply to a Community College (see Part B)
- Apply to a Trade School (see Part B)
- Request Accommodations at School (see Part C)
- Learn About Financial Aid (see Part D)
- Use Apps for School (see Part E)



Think about your time at Vanderbilt. What are some things that you did to be a successful college student? List some tips for being a good student below.

- _____
- _____
- _____
- _____
- _____

I Want to Use Apps For School

E

As a college student, you can use technology and apps to become a more successful student. You can use apps to complete homework assignments, manage your schedule, and communicate with your professors and classmates. As a Next Steps student, you used many different apps and programs in school. Read your answers to the activity below to remember what apps helped you in college.

As a Next Steps student, you use technology and apps to be a successful student. Read the situations below and list at least one app (or computer program) that you could use to improve each situation.

"I need help remembering my schedule."

"I need to email my professor."

"I need to take notes in my classes."

"I need to make a spreadsheet for my class."

"I need to make a presentation for my class."

"I need help reading my homework."

** List any other apps (or programs) that you use for school below:

I Want to Learn About Financial Aid

D

Going back to school is exciting, and a wonderful investment in your future! However, going back to school can be expensive, so, you will need to prepare and make decisions about how you will pay for school. Read the following information to learn about financial aid options.

Free Application for Federal Student Aid (FAFSA) is an application that students can fill out for free to access the federal student aid (e.g. Federal grants, work-study, and loans) for which they qualify. For more information, visit: <https://fafsa.ed.gov/afa.htm>

TN HOPE Scholarship is a scholarship and grant assistance program designed to help Tennessee residents attending eligible postsecondary institutions in Tennessee partake in post-secondary education opportunities. For more information, visit: <https://www.tn.gov/colleges/pwv/articles/tennessee-hope-scholarship>

TN Promise is a scholarship and mentoring program that provides two years of tuition-free attendance at a community or technical college in Tennessee. TN Promise is a last-dollar scholarship, which means that it will cover tuition and fees not covered by other sources of financial aid such as the Pell grant, the HOPE scholarship, or the Tennessee Student Assistance Award. For more information, visit: <https://www.tn.gov/colleges/pwv/articles/tennessee-promise-scholarship>

TN Reconnect is a last-dollar scholarship, which means it will cover the remaining balance of tuition after other state and Pell grants have been applied. TN Reconnect is for adults that are 25 years or older. For more information, visit: <https://www.tnreconnect.gov/>

I Want to Attend a Trade School

B

Trade school, or a College of Applied Technology, is a place where students earn job skills to use in the workplace. If you would like to attend trade school:

- First, you should think about what you would like to learn and pick a major that fits your interest. <https://www.tr.edu/academics/programs>
- Next, you should decide which trade school you would like to attend (see list below).
- Then, apply for admission to your chosen college. Some applications may be online. You may have to pay a small application fee. You may also need to provide high school transcripts, testing scores, and health forms. If you are accepted to the school, admissions will notify you.
- You will need to apply for financial aid. For more information, see part D of this section.

Institution Name	Main Campus	Website	Profile
TCAT - Adams	Adams, TN	Website	View Profile
TCAT - Chattanooga	Chattanooga, TN	Website	View Profile
TCAT - Covington	Covington, TN	Website	View Profile
TCAT - Crossville	Crossville, TN	Website	View Profile
TCAT - Crump	Crump, TN	Website	View Profile
TCAT - Dickson	Dickson, TN	Website	View Profile
TCAT - Elizabethton	Elizabethton, TN	Website	View Profile
TCAT - Hartman	Hartman, TN	Website	View Profile
TCAT - Hartsville	Hartsville, TN	Website	View Profile
TCAT - Hillsdale	Hillsdale, TN	Website	View Profile
TCAT - Johnson	Johnson, TN	Website	View Profile

Content: Self-Advocacy

- * List ways to self-advocate
- * List PINS
- * List issues to talk to representatives about
- * Practicing disclosing a disability
- * Determining your identity

I want to:
Practice self-awareness.
Vote.
Visit my representatives.
Join self-advocacy groups.
Disclose my disability.
Learn about my identity.
Have leadership opportunities.

I Am A Self-Advocate

According to the Arc of Tennessee, "self-advocacy means speaking up for yourself about your rights, interests, needs and desires. It involves making informed decisions and taking responsibility for them." As an adult, you will need to practice self-advocacy in order to reach your goals for a meaningful, successful life.

I want to...

- Practice Self-Awareness (see Part A)
- Vote (see Part B)
- Visit my Representatives (see Part C)
- Join Self-Advocacy Groups (see Part D)
- Disclose My Disability (see Part E)
- Learn About My Identity (see Part F)
- Have Leadership Opportunities (see Part G)



As a Next Steps student, you were prepared to be a successful self-advocate. For example, you may have visited Capitol Hill, advocated for changes in the Vanderbilt community, or practiced self-advocacy. Think about the ways that you were a self-advocate while in college. List at least three examples below.

- _____
- _____
- _____

I Want to Disclose My Disability

As a self-advocate, you need to be your own voice. You must be able to tell others your strengths and weaknesses and educate them on how they can help you best. To do this, you need to know the name of your disability, how it affects you, and what you need to be successful.

★ Pretend you are in your community and need help with something. You want to tell others about your disability so that they can make accommodations to help you be successful. Fill in the information below to practice self-disclosure.

The name of my disability is: _____

My disability affects me in the following ways:

- _____
- _____
- _____
- _____

Others can help me be successful by:

- _____
- _____
- _____
- _____

I Want to Learn About My Identity

F

My Identity

★ My gender: _____

My race: _____

My religion: _____

My Political Identity

Your political identity refers to the political position you agree with on different issues. Knowing your political identity can help you decide which candidates you agree with and may want to vote for.

★ Take the quiz at <https://www.pbs.org/newshour/updates/2020-political-party-quiz/> to determine your political identity. Then, circle the answer below.

I identify as a:

- Republican
- Democrat
- Independent

I identify as a:

- Conservative
- Liberal

I Want to Practice Self-Awareness

A

Self-awareness is knowing about yourself. Everyone has their own strengths, needs, preferences, and interests. Strong self-advocates are self-aware and use their strengths to their advantage and work to improve on their needs.

★ Fill in the blanks below to practice self-awareness.

My Strengths:

- _____
- _____
- _____
- _____

My Needs:

- _____
- _____
- _____
- _____

My Preferences:

- _____
- _____
- _____
- _____

My Interests:

- _____
- _____
- _____
- _____

Content: Health

- * List preferred activities
- * Compare food options
- * List ways to reduce stress
- * Personal hygiene checklist

I want to:
Exercise.
Eat healthier.
Reduce my stress.
Improve my personal hygiene.
Use apps to improve my health.

I Want to Improve My Health

As a Next Steps student, you improved your health by exercising, making healthy eating choices, and managing your stress level. As a graduate, you need to continue to maintain a healthy mind and body by making good choices.

I want to...

- Exercise (see Part A)
- Eat Healthier (see Part B)
- Reduce My Stress (see Part C)
- Improve My Personal Hygiene (see Part D)
- Use Apps to Improve My Health (see Part E)



Think about what kinds of active hobbies you enjoy (e.g. running, basketball, swimming, etc.). List a few activities that you can do to stay active after you graduate from college.

- _____
- _____
- _____
- _____
- _____
- _____

I Want to Exercise

A

As a Vanderbilt student, you exercised frequently to stay healthy. You walked on campus, exercised with your workout Ambassadors, and may have spent your free time playing sports in the Rec Center. As a graduate, you can continue to exercise daily to stay happy and healthy.

Here are some exercise tips:

Talk to your doctor. Your doctor can help you figure out how fit you already are and what exercise activities are best for you.

Start slow. If you are starting a new exercise routine, start slow so that you do not injure yourself.

Set goals and schedule time. Think about what you hope to accomplish over time and write it down. Then, add exercise times to your schedule/calendar so that you stick to it!

Keep an exercise log. Keep track of the amount of time that you exercise. You can use a notebook or an app on your phone to do this.

Walk daily. Walking is a great low-impact exercise activity. It is also great for warming up for a more intense workout. Try to add walking to your daily routine; consider walking to work or to another place you visit frequently.

Stay active. As a graduate, you can stay active by going to the gym, playing sports, or participating in exercise classes. You can find an activity that you enjoy to make exercise fun!

I Want to Use Apps to Improve My Health

E



Fooducate: Fooducate is a great way to learn what is in your food. Fooducate lets you track your food intake and scan product barcodes to see a personalized nutrition grade, meaning you'll be able to make better choices about what you eat.



Fitocracy: Fitocracy treats health like a video game. You can complete tasks and earn experience so you can level up in real life. The app offers a host of workout routines and expert advice, along with a robust community of like-minded individuals to keep you motivated.



ShopWell: Scan the items that you'd normally buy at the grocery store and let ShopWell produce a list of healthy alternatives for you instead. The app incorporates your specific goals — to lower your cholesterol, for instance — while helping you avoid allergens such as gluten and lactose if need be.



Headspace: Headspace takes you through the basics of meditation and teaches you how to find a little clarity, regardless of your physical location.



Sleep Cycle: The app requires you to leave your phone next to your bed, and will analyze your sleep pattern to find the best time to gradually wake you up.



Down Dog: Great Yoga Anywhere: Beginners can use the app to learn yoga poses. The app uses vocal coaching to walk you through the workouts, and each workout has a matching playlist — so the experience is pretty much like

I Want to Reduce My Stress

C

As an adult, you need to have a healthy body so that you feel good; eating foods that are bad for you, weigh you down and make you feel less energized. Mental health is just as important as physical health; stress also weighs you down and makes you feel bad. Just as you would take steps to improve your physical health, you must take steps to improve your mental health. When you feel stressed, you can make good choices to reduce your stress and make yourself feel better.

When You are Stressed:

- **Practice deep breathing and meditation.** When you are overwhelmed, take a few minutes to close your eyes and breathe.
- **Sleep Regularly.** Young adults need 7-8 hours of sleep per night. If you do not get enough sleep, you will be tired and get less work done, which can cause you to become more stressed.
- **Problem Solve.** Think of ways that you can fix the problems you face or make them better.
- **Surround Yourself with Support.** Spend time with the people who support you. Avoid negative people who make you more stressed.
- **Exercise.** Exercise and physical activity are great ways to reduce stress.
- **Eat well.** Make sure that you eat healthy meals regularly so that you feel energized.
- **Take a Break.** Schedule time in your day to take a few minutes to relax.
- **Avoid caffeine and alcohol.**
- **Engage in preferred activities.** Take some time to do activities that you enjoy.
- **Ask for help.** Talk to someone in your Circle of Support; they are there to help you during stressful times.

Self-Advocacy and Self-Determination as Pillars for Transition Tools

Our transition tools are:

- * Are student-driven
- * Incorporate choice-making and decision-making
- * Provide opportunities for goal-setting
- * Encourage problem-solving
- * Foster leadership skills
- * Provide opportunities to practice self-awareness
- * Encourage self-monitoring and self-regulation

Why should your program prepare transition tools?

- * Improve long-term outcomes for alumni
- * Prepare students and families for the future
- * Can provide students and alumni opportunities to engage in self-determination

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