

Winston *Transitions*

Core Components and Essential Elements

Career/Academic Analysis –

- Assessment and interview
- Understanding strengths and weaknesses
- Pinpoint interests
- Ascertain what field students are best suited for
- Clear direction post transition program
- Understanding multiple intelligences to make career choices

Internship/Field Experience –

- Based off of career analysis/skills and interest
- Cohesion between academic course work and life skills
- Improves skills
- Internship practicum
- Safe hands on approach
- Providing natural support
- Supported and guided by professionals in varied industries and fields
- Boosts self confidence
- Provides experience and knowledge
- Possible career opportunities
- Comprehensive feedback session/*Continuous Feedback System*

Vocational Skills - (works in conjunction with internships)

- Understand social networking (Facebook, Twitter, etc) appropriateness
- Hone time management and organizational skills using applications
- Develop workplace email etiquette and effective communication
- Expand web-based research skills regarding job searches
- Interviewing skills
- Transferable skills

Personal Goal Setting- (Focus)

- Break down goals
- Continually assess awareness of, and confidence in, life and workplace skills
- Develop self-reflective capabilities
- Cultivate a higher level of independence
- Identify problems, evaluate situations, strategize and prioritize
- Create a support system
- Set specific short and long-term goals
- Increase the ability to follow through

Literacy –

- Appropriate e-mail etiquette/correspondence
- Letter writing
- Resume building
- Discussions and writing about current events topics
- Completing forms/applications
- Encourage opportunities to develop and explore reading skills for pleasure and to enhance quality of life issues
- Career related reading such as manuals, handbooks, contracts, applications and basic directions
- Build reading comprehension skills and strategies appropriate to real world experiences

Practical Math –

- Understanding cost of living
- Calculate wages, bills and payments
- Increase financial independence
- Making change
- Finding balance of gift cards
- Reading a credit card statement
- Increase money responsibility
- Meaning of credit and debt
- Practice budgeting skills
- Catalogue shopping
- Calculating tip, tax and discounts

Academic and Social Problem Solving- (Focus)

- Enhance self-advocacy skills
- Strengthen understanding of personal strengths and weaknesses and enhance self-awareness
- Build personal and academic confidence including confidence in ability to succeed in a post-secondary environment
- Improve independent organization and maintenance of academic materials
- Enhance self-reflection and self-awareness through regular discussion and ongoing reflective exercises
- Improve organizational skills
- Enhance motivation
- Improve time management skills

Communication -

- Demonstrate interpersonal communication skills
- Apply basic principles of group discussions
- Manage conflict in interpersonal communication situations
- Explain and illustrate the forms and purposes of human communication in a variety of contexts
- Enhance your active-listening skills to anticipate and avoid common misunderstandings
- Build collaborative relationships that emphasize trust and respect
- E-mail etiquette
- Communicate effectively using simple, concise and direct language
- Public speaking

Health and Wellness -

- Raise awareness of the need for physical health and mental health curricula - drawing on career and academic/vocational perspectives
- Focus on exercise, diet, the side effects of medication, drugs and alcohol, etc
- Sexual awareness and understanding the need for safety, respect and responsibility
- Managing personal relationships
- Social appropriateness
- Providing opportunities for one-to-one counseling with a clinical social worker

Reflection and Assessment - (group and individual implementation)

- Provides students with the opportunity to reflect
- Develop the ability to troubleshoot situations that are ongoing in their internships/field experience
- Strengthen communication and interpersonal skills
- Share experiences and collaborate with peers
- Learn to adaptively manage challenging social situations through role play and group discussions
- Understanding their abilities and learning and work styles

Projected outcome for students enrolled in the program -

- Finding and keeping meaningful work
- Developing relationships with internship providers (potential employment)
- Independent living skills
- Develop rubric for success –part of self assessment and personal goal setting
- Knowledge of the agencies and systems that provide supports for adults with disabilities.
- Develop the ability to maintain personal finances, self-care, and adult living skills
- Social & emotional development as a young adult, social skill development
- Social integration including recreation and other forms of vocational activities
- Community participation
- Life-long learning
- Connection with the individual and their families
- A strong commitment to personal goal setting and self-determination
- Increased readiness for higher education opportunities (when appropriate)