

Transition Program Curriculum – Classroom and Experiential Learning

Independent Living

- Navigating Around Town & Using Public Transportation
- Food Management & Meal Planning
- Basic Clothing Care & Maintenance
- Ensuring a Well-Maintained Living Space
- Home & Personal Inventory
- Community Housing Options & Selections
- Purchasing & Maintaining a Vehicle
- Community Resources – Medical, Recreational, etc.
- Chores & Housekeeping

Executive Function

- Introduction to Executive Function
- Goal Setting & Self-Management
- Time Management, Planning, Prioritizing & Task Initiation
- Organization
- Self-Awareness / Metacognition
- Emotional Control
- Working Memory
- Non-Verbal Communication

Personal Finance & Consumer Awareness

- Introduction to Finance
- Finances & the Workplace
- Smart Shopping
- Budgeting
- Personal Finance & Future Planning
- Loans & Borrowing
- Maintaining Basic Financial Records

Career Readiness & Employability

- Professional Appearance
- Finding & Applying for a Job
- Resume & Cover Letter
- Interviewing Skills
- Job Skills & Employer Expectations
- Job Maintenance & Soft Skills for Employment

Workplace Technology

- Computer Basics & General Computer Use
- Understanding Your Cyber Presence
- Validate Information Sources
- Microsoft Office
- Printers, Copiers, Faxes, Scanning & Phones
- Safe Computer Use
- Internet & Social Media Safety
- Adaptability & Interest in Learning
- Explore Employment Options
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- Create & Implement Future Plan
- Self-Evaluation of Skills & Area of Need

Interpersonal Dynamics

- Introduction to Personal Dynamics
- Family Dynamics
- Platonic Relationships
- Romantic Relationships
- Work Relationships
- Develop Communication Skills

Personal Health & Wellness

- Introduction to Healthy Living
- Adolescent & Adult Development
- Nutrition
- Exercise
- Sleep
- Health & Medication
- Stress & Staying Healthy
- Understanding Personal Learning Profiles
- Personal Hygiene & Grooming
- Basic First Aid

Life Skills

- Good Citizenship
- Voting & Political Awareness
- Understanding the Law & Legal Rights