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

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
• Create & Implement Future Plan
• Self-Evaluation of Skills & Area of Need

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

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

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

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

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

Life Skills
• Good Citizenship
• Voting & Political Awareness
• Understanding the Law & Legal Rights