Pathways: Soft Skills & Executive Function Skills Training

**Framework: Transition Planning**
- **Significant Role of School Personnel** – Explore here first!
  - **Tip Sheet 1.4 for youth** – Meet with school counselors, job coaches and your transition team

**Framework: Youth Development**
- **Self-Management Skill Development** – Explore here first!
  - **Tip Sheet 2.5 for youth** – Connect to get skills to manage emotions, develop your own schedule & learn to be flexible with managing your time.
  - **Lesson Plan 2.5** – Focus on maintaining good health, managing stress & being accountable
- **Independent Living Skills Development** – Explore here first!
  - **Tip Sheet 2.3 for youth** – Identifying where I am independent, using calendars & planners and planning for future independence
  - **Lesson Plan 2.3** – Outlining & organizing a daily schedule for time management
- **Leadership Skill Development** – Explore here first!
  - **Tip Sheet 2.6 for youth** – Plan to share your goals and dreams. Reflect on what makes a leader.
  - **Lesson Plan 2.6** – Identify key characteristics of strong youth leaders

**Framework: Person & Family-Directed Planning**
- **Authentic Person & Family Centered Planning Practices** – Explore here first!
  - **Tip Sheet 3.1 for youth** – Explore interests, hopes & dreams for yourself. Understand the hopes & dreams for you of trusted family & caregivers in your life.
  - **Lesson Plan 3.1** – Explain their expectations for their future & create a vision board.
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Framework: Relationships
- Social Skills Development – Explore here first!
  - Ice Breakers
  - Teen Friendship Tips
  - Escape Room Activity
  - Tip Sheet 5.3 for youth - Reflect on areas of strength & growth in your social skills. Set goals to grow your skills & identify peer groups or activities that will support your growth.
  - Lesson Plan 5.3 - Distinguish between positive & negative communication skills

Framework: Employment
- Career Development Classes – Explore here first!
  - Tip Sheet 8.1 for youth - Make connections between your interests & actual classes you can take in school. Advocate to enroll in a schedule of classes that will prepare you for your future goals.
  - Lesson Plan 8.1 - Explore classes that are aligned with your interests & identify what skills you will need to work in careers that are connected to those interests.