

Want to know more about Transition Discoveries as a framework for positive outcomes?



**TRANSITION
DISCOVERIES**
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Pathways: Soft Skills & Executive Function Skills Training

1

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

2

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

3

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

5

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.