

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



**TRANSITION
DISCOVERIES**
Your Voice · Your Story · Your Future

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Pathways: Youth Centered Work Based Learning Coaching & Preparation

Participate in work tasks in a community integrated work environment of interest.

1

Framework: [Youth Development](#)

- [Significant Role of Adults](#) – Explore here first!
 - [Tip Sheet 2.8 for youth](#) – Naming the supportive & important adults in my life + what they do
 - [Lesson Plan 2.8](#) – Making a presentation about the significance of important adults in my life

2

Framework: [Independent Living & Community Engagement](#)

- [Travel & Transportation Skills](#) – Explore here first!
 - [Tip Sheet 6.3 for Youth](#) – Learn about options & practice skills for the many ways you can get around your community.
 - [Lesson Plan 6.3](#) – Facilitate exploration of different transportation services & their pros/cons as youth plan to get to specific places of interest in their community.

Identify and practice work appropriate behaviors

3

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



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4

Framework: [Independent Living & Community Engagement](#)

- [Mental Health Supports](#) – Explore here first!
 - [Tip Sheet 6.8 for youth](#) – Find and connect to resources and trusted advice about managing stress + emotions in your life and on the job.
 - [Lesson Plan 6.8](#) – Support youth to develop a clear understanding of mental health & what strategies or supports work for them to find balance.
 - [Tip Sheet 7.4 for youth](#) – Make a plan to stay in contact with agency staff you connected with during high school for adult services after high school.