



Adult Transition

Transition Programs: 18+





Unit 1: Self-Determination

Students build a strong foundation of self-awareness and confidence by exploring their personal interests, strengths, and values. They learn to advocate for their specific needs, understanding their rights and how to participate actively in their own planning. Throughout the unit, they practice making informed choices and setting concrete, personal goals. Ultimately, students develop the self-determination skills necessary to lead independent, self-directed lives.

LESSON	TITLE	DESCRIPTION
1	Getting to Know Me	Exploring personal interests, preferences, and values.
2	My Strengths and Challenges	Identifying what students do well and where they need help to make informed choices.
3	Setting Goals That Fit Me	Writing simple goals and tracking progress in clear, concrete ways.
4	Making My Own Choices	Practicing decision-making and problem solving in everyday situations.
5	Being a Part of My IEP Team	Preparing for meetings and using their voice to share goals and needs.
6	Speaking Up for Myself	Role-playing how to request accommodations and say “no” when needed.
7	Understanding My Rights	Learning basic rights related to work, housing, and disability.
8	Planning for My Future	Identifying adult goals related to work, living, and relationships.
9	Self-Reflection and Growth	Tracking progress and recognizing personal achievements.
10	Celebrating My Independence	Reflecting on growth and setting next-step goals for greater independence.



Unit 2: Education + Training

Students develop practical strategies for lifelong learning, focusing on organization, time management, and using technology responsibly. They explore diverse training options including apprenticeships and community programs while building everyday academic skills like reading schedules and problem-solving. As they progress, they learn to utilize supports and accommodations effectively. By the end of the unit, students are equipped to navigate educational and training environments with greater autonomy.

LESSON	TITLE	DESCRIPTION
1	Why School Matters	Building learning habits that help students grow and stay organized.
2	Getting Organized	Keeping track of materials, assignments, and using checklists or planners.
3	Following Directions	Practicing how to read, listen to, and follow directions accurately.
4	Learning Supports	Understanding how and when to ask for help and use accommodations.
5	Exploring Job Training Programs	Learning about career centers, technical training, and apprenticeships.
6	Using Technology to Learn	Using tools like typing, email, and Google Docs safely and responsibly.
7	Everyday Academic Skills	Using reading and math in real life—recipes, schedules, and forms.
8	Problem Solving When I'm Stuck	Using the "Stop, Think, Try, Ask" method to overcome challenges.
9	Learning in the Community	Using libraries, community centers, or adult education programs.
10	Time Management for Life	Balancing work, chores, and recreation using planners or apps.



Unit 3: Employment Skills

Students explore the world of work by identifying careers that match their unique strengths and interests. They gain practical experience in the job search process, from building simple résumés and completing applications to practicing interview techniques. The unit emphasizes essential workplace behaviors such as reliability, communication, and safety. Ultimately, students understand what it takes to find meaningful employment and succeed in a professional environment.

LESSON	TITLE	DESCRIPTION
1	My Interests, My Future Job	Identifying careers that match strengths and interests.
2	Understanding What a Job Is	Learning the purpose of work and basic job responsibilities.
3	Job Search	Using flyers, job boards, and local resources to look for jobs.
4	Building a Résumé	Creating a simple one-page résumé with support.
5	Applying for Jobs	Practicing how to fill out job applications.
6	Job Interviews	Role-playing mock interviews and dressing appropriately.
7	Workplace Etiquette	Being polite, showing up on time, and following rules.
8	Workplace Communication	Talking to a manager, asking questions, and working as part of a team.
9	Work Ethic	Practicing reliability, honesty, and perseverance at work.
10	Workplace Safety	Recognizing hazards and knowing who to ask for help.



Unit 4: Independent Living Skills (Available AY 26' - 27)

Students master the essential routines required for daily independence, including personal grooming, clothing care, and household management. They gain confidence in navigating their community through transportation training and practical budgeting exercises. The curriculum also covers critical skills such as meal preparation, safety, and emergency preparedness. By applying these skills, students learn to manage their days and living spaces with increasing independence.

LESSON	TITLE	DESCRIPTION
1	Getting Dressed for the Day	Choosing clean, weather-appropriate clothes and following a dressing routine.
2	Doing Laundry	Sorting, washing, drying, folding, and putting away clothes using visual steps.
3	Household Management 101	Organizing and cleaning rooms, kitchens, and shared spaces using routines and safety steps.
4	Shopping with a Budget	Comparing prices, paying with cash or card, and distinguishing needs vs. wants.
5	Cooking and Meal Prep	Reading simple recipes, measuring ingredients, and making balanced meals safely.
6	Transportation Training	Reading schedules, using maps or ride-share apps, and following safety rules.
7	Apartment Basics	Understanding rent, utilities, and simple home maintenance.
8	Going to a Restaurant	Practicing ordering, paying, and appropriate behavior in public eating spaces.
9	Emergency Preparedness	Knowing safety procedures, fire drills, and how to contact emergency services.
10	Planning My Day	Building a simple daily plan that includes work, chores, and leisure.



Unit 5: Social Skills (Available AY 26' - 27)

Students strengthen their ability to connect with others by learning to make good first impressions and respect personal boundaries. They practice initiating conversations, handling conflict, and navigating complex social situations online and offline. The unit focuses on building healthy relationships, understanding empathy, and participating in the community. Over time, students develop the social confidence needed for successful interactions in the workplace and personal life.

LESSON	TITLE	DESCRIPTION
1	Making a Good First Impression	Understanding how hygiene, dress, and manners communicate respect and confidence.
2	Personal Space and Boundaries	Recognizing appropriate distance, touch, and privacy in different settings.
3	Starting Conversations	Practicing greetings, introductions, and small talk in different environments.
4	Handling Conflict	Learning to manage disagreements respectfully at home, work, or in the community.
5	Going Out With Friends	Planning social outings safely, budgeting, and using appropriate behavior in public.
6	Being a Good Friend	Understanding trust, communication, and empathy in relationships.
7	Online Etiquette and Safety	Communicating appropriately and protecting privacy online.
8	Community Participation	Joining clubs, volunteering, and taking part in local events.
9	Giving and Receiving Feedback	Practicing polite ways to offer or accept feedback at work and home.
10	Leadership and Teamwork	Taking initiative, collaborating, and helping others in group settings.



Unit 6: Health + Wellness (Available AY 26' - 27)

Students establish a foundation for a healthy lifestyle by understanding the importance of personal hygiene, nutrition, and regular movement. They learn to recognize and regulate their emotions, manage stress, and build safe, healthy relationships. Practical skills such as making doctor appointments and understanding medication are also emphasized. Ultimately, students create a personalized wellness plan to support their physical and mental well-being as adults.

LESSON	TITLE	DESCRIPTION
1	Personal Hygiene and Self-Care	Understanding why cleanliness and daily routines support health and comfort.
2	Healthy Eating Habits	Learning how food choices affect energy, focus, and overall health.
3	Exercise and Movement	Exploring simple ways to stay active and build strength.
4	Sleep and Routines	Creating daily schedules that support rest, energy, and consistency.
5	Managing Stress	Practicing coping skills, relaxation strategies, and identifying triggers.
6	Doctor Visits and Medications	Making appointments, understanding prescriptions, and asking health questions.
7	Safety and First Aid	Learning what to do in emergencies and when to call for help.
8	Mental Health Awareness	Recognizing emotions, practicing mindfulness, and knowing how to get support.
9	Healthy Relationships	Understanding respect, boundaries, and consent in friendships and dating.
10	Building a Wellness Plan	Creating a weekly routine for hygiene, nutrition, movement, and mental health.