

List of Activities in Each Chapter

Note: Shaded areas include items for your **PORTFOLIO**

Chapter 3. So what's all this talk about "transition?"	
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Thinking about people who have supported you	12
Thinking about things you have used that have been helpful	13
Thinking of things you want and need	15
Thinking about your IEP goals	17
Thinking about the supports in your IEP	18
PORTFOLIO: Put a copy of your IEP (either the whole thing or just the part about your goals) in the section for "Official Information."	18
"Who Decides?" activity	20
PORTFOLIO: Put the "Who Decides" activity in the section for "Personal Information."	20
Thinking about self-advocacy	22
"Learning from Leaders" (Justin Dart, Jr.)	23
Thinking about Felicia's story	25
Talking with an adult about helping you with this workbook	27
Making a collage of your dreams for your future	27
Finding out about advocacy organizations for people with disabilities	27
Chapter 4. Understanding Myself	
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Thinking about your strengths and challenges	35
Thinking about goals	38
PORTFOLIO: Put your Self-assessment in the section for "Personal Information."	38
"How I Learn"	40
PORTFOLIO: Put the "How I learn" activity (either the whole activity or the summary page) in the section for "Personal Information."	40
"Thinking About Stereotypes"	42

PORTFOLIO: Put the information page about your disability in the section for “Personal Information.”	44
“Learning from Leaders” (LeDerick R. Horne)	46
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Finding out information about specific disabilities	51-52
Finding out more about Essential Lifestyle Planning	52
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Thinking about natural supports	60
Thinking about community supports	61
Thinking about formal supports	62
Thinking about assistive technology and environmental adaptations	63
Thinking about evaluating and managing your supports	65
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Thinking about Kristen’s story	69-70
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Thinking about transportation	82
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PORTFOLIO: Put your resume in the section for “Official Information.” Remember to update your resume with new things you’ve done.	93
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Using the internet to learn about different careers	93
Using Chapter 11, “Resources,” to learn about resources that provide employment-related supports	94
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Learning about what jobs are in your neighborhood	94
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PORTFOLIO: Put your professional documentation in the section for “Official Information.”	102
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Thinking about Jerry’s story	110
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Talking with your guidance counselor	112
Talking with other people to learn about the education or training they needed	112
Attending a career fair	112
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Thinking about Felicia’s story	130
Thinking about other routines	132

Finding out more about residential services, including visiting places and talking with people who live there	132
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Getting the Community Supports I Need	
Getting the Formal Supports (public agency or private service provider) I Need	
Getting the Formal Supports (paid support person/ personal assistant) I Need	
Evaluating and Managing My Supports	
Getting and Evaluating the Assistive Technology/ Environmental Adaptations I Need	