

# Post-Secondary Transitioning Planning for Adolescents

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## Resources

### Life Course Tools

- [Lifecoursetools.com](http://lifecoursetools.com) Free resources and tools designed to help organize ideas, visions and goals in planning for the good life.

### CAST.org

- [Cast.org](http://Cast.org) Hub for learning and resources related to Universal Design for Learning

### Pre-Employment Transition Services Planning Resources

- Job exploration counseling
  - [Career One Stop](#) sponsored by US Department of Labor provides career profiles, self assessments, and tools for planning careers.
  - [My Next Move](#) is a career exploration tool designed for use by students to learn about careers and match their interests to career options.
  - [Occupational Outlook Handbook](#), US Department of Labor, Bureau of Labor Statistics helps individuals find career information on duties, education and training, pay, and outlook for hundreds of occupations.
  - [O\\*Net Career Exploration Tools](#): The O\*NET Program is the nation's primary source of occupational information. It provides set of self-directed career exploration/assessment tools to help students who are exploring school-to-work transition in planning career options.
  - [Workforce Innovation Technical Assistance Center \(WINTAC\)](#) provides guidance on Job Exploration Counseling.
- Work based learning experiences
  - [CEO Internship Manual](#) a how to guide for developing and monitoring quality work experiences and collecting data. Includes tools and forms to use.
  - [New Ways to Work](#) is a how to guide for creating quality work experiences.
  - [Working with Employers, Workplace Success Quick Reference Guide](#) provides a quick reference guide to Workplace Success.
  - [Workforce Innovation Technical Assistance Center \(WINTAC\)](#) a offers guidance on work-based learning experiences.
- Employability Skills Resources

- [National Technical Assistance Center on Transition](#): Many free and adaptable resources
- [Life Centered Education \(LCE\)](#) is an online curriculum that provides a complete framework of objectives, lesson plans, fact sheets and worksheets that cover three domains of adult living in the 21st century – daily living skills, self-determination and interpersonal skills, and employment skills.
- [Pathways to the Future](#): 244 page document including sample lessons for pre-employment transition services
- [Skills to Pay the Bills](#) is a curriculum developed by ODEP focused on teaching "soft" or workforce readiness skills to youth, including youth with disabilities. Contains 6 lessons and additional materials.
- [Social Security Red Book](#) - Work Incentives and Planning Assistance updated annually, the Red Book serves as a general reference source about the employment-related provisions of Social Security Disability Insurance and the Supplemental Security Income Programs for educators, advocates, rehabilitation professionals, and counselors who serve people with disabilities.
- [Workforce Innovation Technical Assistance \(WINTAC\)](#) provides an overview of workplace readiness training and related activities such as self-awareness and self-advocacy
- [I'm Determined](#) provides resource and videos for educators, parents and students.
- [Job Accommodation Network](#) provides information about accommodations in the workplace.
- [Me! Lessons for Teaching](#) provides lessons and resources on self-advocacy.
- [Paving the Way to Work](#): A Guide to Career-Focused Mentoring focuses on issues relevant to mentoring older youth who are transitioning into adulthood. The Guide identifies the Guideposts for Success for successful transition.
- [The 411 on Disability Disclosure](#): A Workbook for Youth with Disabilities is a workbook for youth and adults working with them, designed to assist in making informed decisions about whether or not to disclose their disability and how that decision can impact their education, employment, and social lives.

## Post-Secondary Education Resources

- Counseling on opportunities for enrollment in comprehensive transition or postsecondary educational programs at institutions of higher education
  - ACT - Services for Students with Disabilities ACT has established policies regarding documentation of an applicant's disability and the process for requesting accommodations.
  - [Opening Doors to Post-Secondary Education & Training](#) this handbook was created to assist students, parents, special educators, guidance counselors and others to assist students in transitioning to postsecondary education and training opportunities.

- [ACCESS to post-secondary education](#) through universal design for learning website: Resources on self-advocacy including a handbook for college students with disabilities and links to many strengths assessments
- [Think College](#) provides resources and training on post-secondary options.
- [Workforce Innovation Technical Assistance Center \(WINTAC\)](#) provides an overview of Post Secondary Counseling activities. Appendix 1-B 100 4. Workplace readiness training

## Strengths Assessments/Resources

- [VIA Character Strengths and Virtues](#): 15-minute free assessment 18+ version and 10-17 version
- [Neurodiversity Strengths Checklist](#) (Armstrong, 2012)
- [10 Ways to Determine the Strengths of Our Students](#) (Wejr, 2015)
- [Strength-based approach to teaching/intervention](#)
- [Understood's Strengths Chain activity](#)