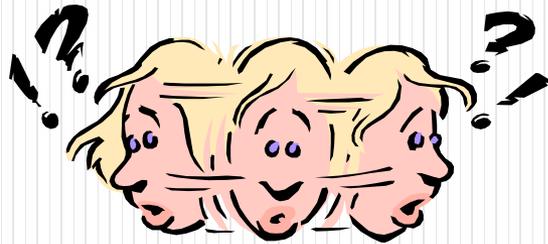


# Transition from Postsecondary to Adult Life...What's Next?



# “Five Good Minutes”

- Think of all the minutes you had yesterday – all 1,440 of them!
- Recall **five** particularly good ones and list them on a note page.
- Share!
- What it is that our five minutes have in common? i.e. What makes five good minutes? Food, friends, family, quiet reflection, sports, study, etc.



# 2-4 Years



- Dances, Events, Clubs, Social Mentors, Academic Mentors
- College Courses
- Supported Employment
- Full Schedule Every day
- Question: How do we prepare our students (and parents) for life after the program?



Sam



Think back to the time right after you graduated. How did you feel?

I feel a little bit on the sad side that it's going to be over for me, but on the happy side that I can still stay connected with program

What struggles have you had with employment? How have you solved your problems? Do you still have problems?

At YouFit, I had a problem with my schedule - when I came back from vacation this summer, the morning shift I had worked for 2 years had been given to someone who had just been hired. I have been trying for 2 months to get that shift back, or negotiate to alternate morning and afternoon shifts. I haven't been very successful with that.

What opportunities do you have to participate in classes or courses you are interested in?

I am taking the yoga course along with the kids in the FAU program. I don't have very many other opportunities to take courses.

# Ryan

- Think back to the time right after you graduated. How did you feel? What do you miss about college?
- What Social Activities do you participate in? Would you like to be doing more? What are the barriers to doing more with friends?
- What struggles have you had with employment? How have you solved some of your problems? What problems do you still have?
- What opportunities do you have to continue to learn and take courses?

# The Importance of Communication



# After 22...Employment



## Problems

- Schedule (communication, arranging transportation, time off..etc...)
- Obtaining a Job
- Change in Management
- Losing a Job

## Possible Solutions

- Transition Program  
Teachers and Support Staff  
continue to follow up
- Agencies????



# After 22....Social Opportunities



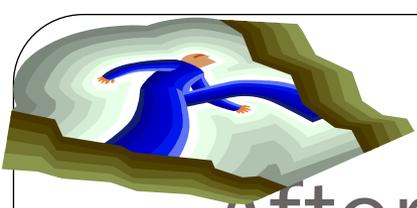
## Problems

- Scheduling work/friends
- Transportation
- Initiating activities/planning/following through

## Possible Solutions

- Continue CBI activities with transition program (Alumni Group)
- Best Buddies





# After 22..Education



## Problems

- What classes & where?
- Transportation
- Scheduling
- Support

## Possible Solutions

- Adult Education
- Classes with college program
- (Alumni Group)





# Transition from Postsecondary to Adult Life...What's Next?

