

TRANSITION BELL WORK

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SELF-AWARENESS

**In your own words,
what do you think self-
awareness is?**

SELF-AWARENESS

Use a dictionary and/or
the internet to
determine the meaning
of self-awareness.

SELF-AWARENESS

List 10 words or phrases that others may say about you.

SELF AWARENESS

Use 10 words or phrases to describe the person you admire the most.

SELF-AWARENESS

- What do you do well?
- What do you need to work on improving?
- What are things you enjoy doing? Why do you like these things?
- What are things you dislike doing? Why do you dislike these things?
- What motivates you and makes you happy?

SELF-AWARENESS

“We search for happiness everywhere, but we are like Tolstoy's fabled beggar who spent his life sitting on a pot of gold, under him the whole time. Your treasure--your perfection--is within you already. But to claim it, you must leave behind the commotion of the mind and abandon the desires of the ego and enter into the silence of the heart.”

- Elizabeth Gilbert, *Eat, Pray, Love: One Woman's Search for Everything Across Italy, India and Indonesia*

**In your opinion, what is meant by
this quote?**

PICK 3 OR MORE ITEMS THAT WOULD HELP YOU BECOME A BETTER STUDENT AND EXPLAIN WHY

- Sit in quiet area
- Sit near a good role model
- Sit near "study buddy"
- Increase distance between desks
- Allowed extra time to complete assigned work
- Shorten assignments or work periods to coincide with span of attention; use timer
- Break long assignments into smaller parts so student can see end to work
- Getting assignments one at a time to avoid work overload
- Reduced amount of homework
- Learn self-monitoring cueing
- If teacher will pair written instructions with oral instructions
- Have peer assistance in note taking
- Teacher must give clear, concise instructions
- Get cues from the teacher to stay on task, i.e. private signal

SELF-AWARENESS

What are three things you believe you need in order to have a great life?

Why are those three things significant to you?
Do you believe you can have those three things now?
Why or why not?

SELF-AWARENESS

If someone besides yourself had to write one paragraph to describe you, what would you want them to say about your personality and accomplishments? (This can true be fictional)

SELF-AWARENESS

1. List 3 things you are good at when you are at school.
2. List 3 things you need help with when you are at school.
3. List 3 things you are good at when you are somewhere other than school.
4. List 3 things you need help with when you are somewhere other than school.

SELF-AWARENESS

Brainstorm ways you can include your parents, friends, family and school staff to help you improve on your areas of need at school. You can make a list, a web, an outline or any other brainstorming method that works best for you.

SELF AWARENESS

What is your biggest fear about life after high school?
What are 3 things you can do to avoid this situation from happening.

DISABILITY AWARENESS

Do you think most people have some form of a disability that affects their daily living?

List as many people as possible you know that have a disability (this can include famous people).

http://www.disabled-world.com/artman/publish/article_0060.shtml

DISABILITY AWARENESS

- Describe what the term “disability” means to you.
- Describe your disability.

DISABILITY AWARENESS

- How does your disability affect you in school?
- What things help you to overcome your disability?

DISABILITY AWARENESS

What are the current accommodations or modifications you are allowed on assignments and testing?

Are there other accommodations/modifications that you are not currently receiving that you feel would benefit you? If so, explain.

DISABILITY AWARENESS

Scenario- *Your IEP calls for the teacher to provide you with a copy of the class notes. Your history teachers has never provided you with a copy of notes.*

How should you appropriately deal with this situation?

DISABILITY AWARENESS

Does it embarrassed you to have a disability? Explain why or why not.

Do you think everyone with disabilities are embarrassed?

What can you do to allow yourself to deal with or overcome the embarrassment?

DISABILITY AWARENESS

Describe how your disability may affect you after high school in the following areas?

-Where and how you live?

-Your work performance?

-Getting more education or going to college?

-What other ways might your disability affect you after high school?

DISABILITY AWARENESS

What help or support
will you need in college
or on the job?

DISABILITY AWARENESS

If you are having problems
at school and need help,
who do you feel the most
comfortable talking to and
why?

DISABILITY AWARENESS

Scenario- *You have a personal goal to pass all classes this semester. However, you were absent one day over the maximum absences and learned you will fail your art class for the semester.*

How would you deal with this set-back and move on from it? How could you have prevented it from happening?

POSTSECONDARY GOALS

Where do you see
yourself 5, 10, and
25 years from
now?

POSTSECONDARY GOALS

What are my GOALS for life after high school?

- Where do you want to live? Do you want to live in an apartment, in the dorms, or in a house? Do you want to live alone or with roommates?
- Do you want to further your education? Do you want to get on the job training (apprenticeship), go to a vo-tech, go to a jr. college, or go to a four year university?
- Where do you want to work after high school?

POSTSECONDARY GOAL

If you were financially independent, what kind of work would you gladly do for free?

- What are three aspects of this work that you really like?
- How do you feel when you do this type of work?
- What single action could you take to head towards this type of work?
- How do you feel when you imagine yourself taking that action?
- If good, will you take that action?
- If bad, what are you most afraid will happen if you did

POSTSECONDARY GOALS

In your opinion, do people with training after high school make more money? Explain why you think this.

http://www.bls.gov/emp/ep_chart_001.htm

POSTSECONDARY GOALS

What is one goal you would like to accomplish that involves your education or training after you graduate?

What are three steps you can focus on this year for reaching your educational and/or training goal?

POSTSECONDARY GOAL

What is one goal you would like to accomplish that involves your career after you graduate?

What are three steps you can focus on this year for reaching your career goal?

POSTSECONDARY GOALS

What is one goal you would like to accomplish that involves your independent living conditions after you graduate?

What are three steps you can focus on this year for reaching your independent living goal?

SELF-DIRECTED IEP

- In your own words describe an IEP and how it affects you.
- What is the most important part of an IEP?
- Does your IEP reflect who you are and does it have plans to help you reach your goals for the future?
- Who is your IEP teacher/case manager?

SELF-DIRECTED IEP

If you could invite anyone
you wanted to your IEP,
who would it be and
why?

Self-Directed IEP

What is the main thing you would like your IEP to address in your education and why?

Examples: I would like my IEP to address my reading disability because it is the hardest thing for me to do in school. Another one, I would like my IEP to address how I am going to get to college because I worry if I will be able to meet the requirements.

SELF-DIRECTED IEP-Present Levels

Write one paragraph that describes you and your current levels at school.

Example: My name is John and I am currently a junior at FHS. I enjoy my math class but I have a hard time in my English class. I currently attend lab classes for English and Reading. Having information read aloud to me is a huge help. I get along well with my peers....

SELF-DIRECTED IEP-Strengths

- What are three strengths that should be listed on your IEP?
- What additional supports in education do you think your IEP team should focus on?

SELF-DIRECTED IEP-Anticipated Effects

How does your disability affect you in your general education classes.

SELF-DIRECTED IEP-Educational Needs

What things are harder for you at school or skills that you need to work on developing.

SELF-DIRECTED IEP-Amount of Time

-How many hours are you in general education classes?

-If you are not in general education classes all day, why do you need a different environment?

-Would you like attend more general education classes?

-What can you do to reach that goal?

SELF-DIRECTED IEP- Program Modifications

List what modifications
and/or accommodations
you need in school and how
they help you succeed.

SELF-DIRECTED IEP- Goals and Objectives

What specific skills
would you like to learn
over the next year?

(can include academic or behavior)

SELF-DIRECTED IEP- Postsecondary Goals

What are your goals after high school in the following areas?

- Independent Living
- Educational/Training
- Employment

SELF-DIRECTED IEP-Course of Study

What are the specific classes you need to take for graduation, also include electives that will benefit you in the future.

SELF-DIRECTED IEP-Services

- What date should you graduate?
- Have you received information about **Vocational Education** while in high school, if so how and when?
- At what age are your parents no longer able to sign off on your IEP if there are no extenuating circumstances (this is called age of majority)?

SELF-DIRECTED IEP-Vocational Rehabilitation Counselor

Have you ever met with your
vocational rehabilitation
counselor and do you know
what services they can
provide?

SELF-DIRECTED IEP-State and District Assessment Program

- What major exams do you take and what accommodations do you receive on these exams? Are there things that are not currently being done when you test that you think would benefit you?

SELF-DIRECTED IEP-LRE

- LRE- Stands for Least Restrictive Environment

Do you feel you are currently in the correct placement (general education classes vs special education classes) that best meets your individual needs to succeed?

SELF-DIRECTED IEP- Conducting the Meeting

In your opinion who
should be the person to
run your IEP meeting?

Explain why you chose this person. Also, who
knows you and your needs the best?

SELF-DIRECTED IEP- Conducting the Meeting

Who all should you invite to your IEP meeting?

Explain the role of each person at the meeting.

SELF-DIRECTED IEP- Conducting the Meeting

Scenario- *Your IEP calls for the teacher to provide you with a copy of the class notes.*

Your English teachers feels this is inappropriate and you do not need this. However, you and your mother feel you still need the accommodations. How would you deal with the difference of opinions during the IEP meeting?

SELF-DIRECTED IEP- Conducting the Meeting

In one paragraph explain how you would end your IEP meeting and the knowledge and feelings you want everyone to walk away with.