

# High School Transition



## ESU 2

Funded through the  
SCIP Grant & Nebraska  
Department of  
Education

Created by: Leslee  
Brenneis, Dan Nelson, Joni  
Hegge, Bob Peacock, Leah  
Polacek, Anthony Ruzicka,  
& Kristi Arlt

Issue #6, January 2014

## Great Websites & Grants



## Transition 101

Great Websites & Grants

1

Classroom Discussion &  
“Dear Abbie”

2

Agency Focus: ENCOR

3

10 Skills Employers Want

4

Study Skills: Tips for  
Students

5

Upcoming Events

6

### WEBSITES ~

- ⇒ [udltechtoolkit@wikispaces.com](mailto:udltechtoolkit@wikispaces.com)
  - Audio books link: Allows students to listen and follow along while computer/iPad reads aloud.
- ⇒ [www.gcflearnfree.org](http://www.gcflearnfree.org)
  - Everyday life activities
- ⇒ <http://www.nj.gov/education/specialized/transition/sampleactivitiesstrategies.pdf>
  - IEP transition activities

### Grants ~

- ⇒ **\$75 Autism Society Supporting Our Classroom Grant**
- ⇒ **Autism Mini Grant:** The goal of this grant is to build district capacity in the area of Autism for all NE school districts no matter the district size or location. In order to meet this goal the State offers introductory and advanced training on research-based strategies and programs for teaching children with Autism. Districts have an opportunity to apply for an Autism mini grant to help fund district level professional learning opportunities/special projects to develop expertise and skill.



# Classroom Discussions

**This section is devoted to topics that will provide for engaging discussions with students.**

For more information: *The Guide to Dating for Teenagers with Asperger Syndrome*, by Jeannie Uhlenkamp

❖ **Main Idea: Conversations**

- The key to having a good conversation with someone is to ask questions about things that interest them
- Focus on topics that are of interest to you both.

❖ **Discussion Questions:**

- ❖ What do teenagers usually enjoy talking about?
- ❖ How do you show a person that you are really listening?

---

## Dear Abbie,

**This section will be devoted to questions regarding transition issues.**

**Student:** As a student with an IEP or 504 Accommodation Plan, am I allowed to have accommodations when I take the ACT exam?

**Abbie:** Yes, if that need is documented in your plan. See your counselor and/or special education teacher for information. You will need to apply for accommodations well in advance of the test, and special forms will need to be completed and filed. ACT has the final say when approving or denying the accommodations. Accommodations may include extended time, test read aloud, Braille testing, or individual/small group testing.



**ENCOR**  
**900 South 74<sup>th</sup> Plaza**  
**Omaha, NE 68114**  
**402-444-6500**

ENCOR has supported individuals with Intellectual Disabilities in Eastern Nebraska since 1968.

### **Our Services and Supports**

We provide *services and supports* over a 5 county region.  
DODGE, WASHINGTON, DOUGLAS, SARPY, CASS

ENCOR offers a variety of services. We can support people in the **home** by offering:  
respite services, in-home services, companion homes,  
home teachers, group homes and medical support units.

We can support people during the **day** with:  
Work stations, job coaching, day services, retirement services or medical support day services.

To find out more about the unique services available, contact:

Bellevue Area  
Connie Koontz  
402-444-6937

Central Douglas County  
Ken Hill  
402-444-6136

Fremont and Blair Area  
Kathy Soderberg  
402-721-8525

North Douglas County  
Mark Monge  
402-444-6560

South Douglas County  
Bill Lewis  
402-444-4530

Medical Support Services  
Nancy Cahill  
402-444-4679

Communication Coordinator  
Kellie Boury  
402-444-6500 ext. 112

Work Station Director  
Greg Jacobsen  
402-444-6500 ext. 113

Director  
Bob Brinker  
402-444-6500 ext. 111

# The 10 Skills Employers Want

By Chad Brooks, Business News Daily  
Contributor, March 13, 2013

## 1. Commitment

One must have commitment to both their job and their employer.

## 2. The Extra Mile

In order to gain a boss' confidence, employees must be able to go above and beyond what is typically required of them on the job.

## 3. Wear Multiple Hats

Small businesses don't have room for people who want to do their job, and their job only.

## 4. Positive Attitude

Having anything but a positive attitude is non-negotiable.

## 5. Decision Makers

One skill that every employee must have is the ability to think critically and make appropriate decisions.

## 6. Passion

It is important for entrepreneurs to find employees who are just as passionate about their job, as the boss is.

## 7. Organized

It is important to use time and resources wisely.

## 8. Dependable

Employers search for employees who can be depended on consistently to get the job done.

## 9. Communication

Communication is the skill of utmost importance.

## 10. Conscientiousness

Time and time again, conscientiousness proves itself to be among the top indicators of job performance.



TOP 10....

Commitment

The Extra Mile

Wear Multiple Hats

Positive Attitude

Decision Makers

Passion

Organized

Dependable

Communication

Conscientiousness



# Study Skills: Tips for Students

## 1. Manage Your Time Wisely

Get used to keeping track of your time in high school and it will pay off for you in college. You might take as few as three or four classes per semester in college, which is only about 15 hours per week actually spent in class. While you may not sit in class for as many hours as you did in high school, your reading assignments in college will be doubled. Managing your free time is as important as managing your “busy” time.

## 2. Organize!

Keep a weekly or monthly planner or use a journal. If planners aren’t your thing, try making “to do” lists, or using your phone calendar to keep track of assignments and important dates and events. Relying on “just remembering” can be difficult when your obligations and assignments start to pile on.

## 3. Identify How You Learn

Find out what works for you. Are you a flash card girl? Maybe you’re a guy who writes down vocabulary words 20 times each to learn them. Experiment with new things, but stick to the tried-and-true study skills that have worked for you in the past.

## 4. Is There a Better Way to Study?

A lot of people cram for tests by studying into the wee hours the night before. Take an honest look at your study habits. Repeated, short sessions of studying are much more effective than a six-hour cram session the night before a final.

## 5. Catch Some Zzz’s

Don’t stay up until 4 a.m. studying for a test! It won’t work now and [it won’t work in college](#). Sleep has been scientifically documented to be a significant factor on your GPA as well as how well you perform on other tasks.

## 6. Attend Class

While high school attendance is a strict business, it’s good practice for college. Most college classes will only meet once or twice per week, so they will count that much more. Many professors only allow two to three absences for the entire semester. Miss more than that and you’re grade sinks – or worse.

## 7. Ask Questions

Don’t be afraid to ask your teachers for help! They aren’t there to scare you; they’re a valuable resource. Students in your class are another great source of information and support. Be sure to exchange phone numbers and email addresses with them during your first few weeks of class. They will not only help with schoolwork, but some of them may even turn into long-time friends.

## 8. Make Study Groups

Studying with other students and working on assignments together can be helpful too. You can clarify points you may not understand, and help others by explaining the parts they find hard. Teaching others may even help you grasp a better understanding of the information as well.

## 9. Hone Those Writing Skills

Learn the fine art of the college essay and also be sure to take notes in class. Writing and note taking are important study skills for high school students transitioning into college. Don’t write everything your teacher says, but be sure to highlight the important points. You can also compare notes in with other students to review parts of the lecture you found difficult or may have missed.

## 10. Study Outside

[Don’t just study in the library](#). Choosing multiple places to study will keep your boredom level low and may even help you perform better on tests.

# Upcoming Events



**February 18, 2014**      **How to Plan a Comprehensive Program for Students with ASD**      **ESU 3**  
8:30 am - 3:30 pm      FREE  
For more information, please see flyers and registration info on [www.esu3.org](http://www.esu3.org)

**February 28, 2014**      **Using Visuals to Communicate**      **ESU #3**  
9:00 am – 3:00 pm      FREE  
For more information, please see flyers and registration inform on [www.esu3.org](http://www.esu3.org)

**April 3 & 4, 2014**      **Nebraska State Autism Spectrum Disorder Conference**      **LaVista, NE**  
All day both days      visit <http://www.unl.edu/asdnetwork/home> for more information  
Great conference!! Conference Keynote speakers include: Dr. Peter Vermeuler, author and international speaker on Autism, Sara Ward, CCC\_SLP, national presenter on Executive Functioning Skills & Strategies, and Jennifer O'Toole, an individual with Asperger Syndrome who is also the mother of three children on the autism spectrum and wife of an individual with Asperger Syndrome.

**April 9, 2014**      **Eastern Nebraska Transition Conference**      **Norfolk, NE**  
9:00 am – 2:30 pm      FREE      At Northeast Community College  
**This transition conference is for junior and seniors with disabilities and students with disabilities in 18-21 year old programs. The purpose of this workshop is to provide exposure to Assistive Technology products and information for students planning to enter the workforce or attend a post secondary education program. Call Angie at 402-564-0815 for more information. **Registration is due now!****

**May 3, 2014 (Saturday)**      **Grandparents & Extended Family Workshop**      **ESU 3**  
8:30 am – 3:30 pm      \$5 for individuals, \$7 for couples

- **Understanding the reason behind negative behavior so you can help teach a more desire behavior**
- **Learn why technology is use for people with Special needs & how to use it**
- **You will be able to choose from a variety of disability related topics**
- **There will be Prize drawings too!**

**Registration is due on April 23, 2014**

**May 9, 2014**      **How Do I Prepare For My New Student with ASD??**      **Webinar**  
1:00 pm – 3:00 pm      FREE  
More information to come.