

The Teacher Lab



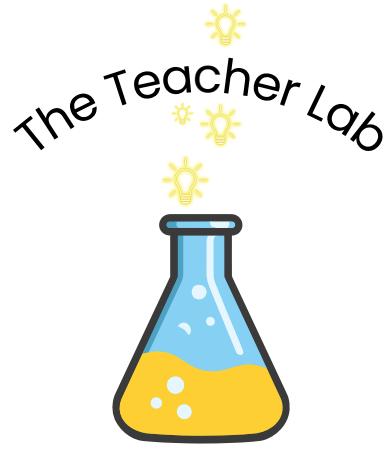
Overview for Transition Services Professionals

Information, sample lessons,
activities and role-plays
for you and your classroom

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Who is The Arc of NJ?

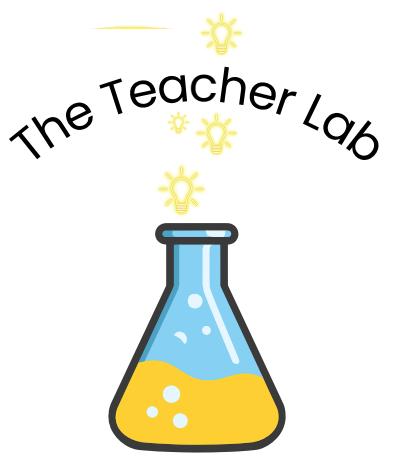


The Arc of New Jersey is the state's leading advocacy and service provider for people with intellectual and developmental disabilities and their families.

- Children's Advocacy
- Criminal Justice Advocacy
- The Family Institute
- Governmental Affairs
- Healthcare Advocacy
- Planning for Adult Life (PFAL)
- Project HIRE
- Self-Advocacy
- Training and Consultation Services

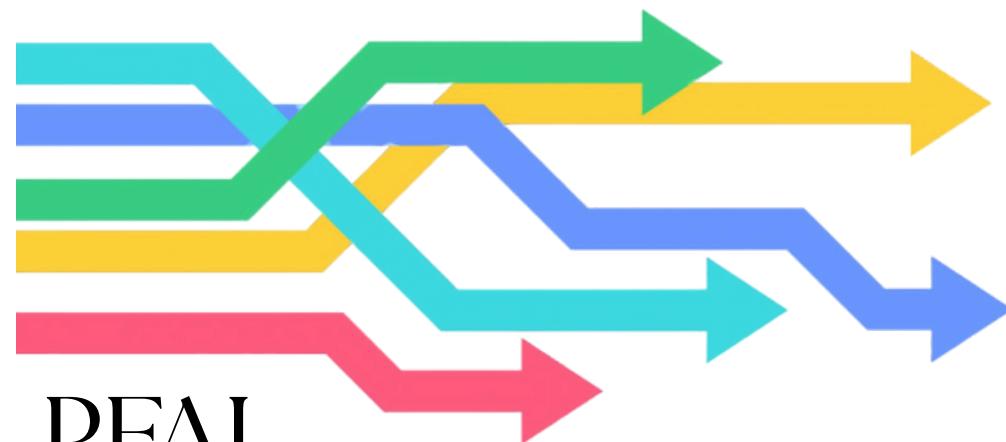


Who is PFAL?



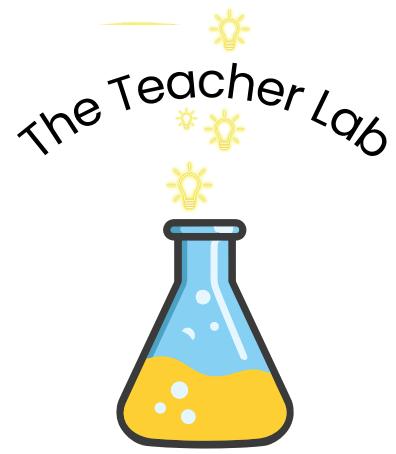
Planning for Adult Life is a statewide project funded by the NJ Division of Developmental Disabilities (DDD) to assist young adults (between the ages of 16-21) with developmental disabilities and their families in charting a life course for adulthood.

We want students and their parents to be excited about their next important step...and teachers to be excited to get them there!



PFAL
Planning for Adult Life

What is The Teacher Lab?



The Teacher Lab is PFAL's professional development curriculum designed to be a one-stop-shop for all teacher and transition staff needs.

- Teacher workshops
- Supplemental webinars
- PowerPoint presentations for classroom use
- Free downloadable activities and role-play ideas for classroom use
- Resource information
- Transition Navigator online office hours
- Forums/task force for idea exchange



What is The Teacher Lab?

The Teacher Lab is PFAL's comprehensive curriculum.

It is an individual and strengths-based curriculum.

It covers **four pillars** of transitioning:

1. Planning

Getting ready for transition to adulthood

2. Learning

Post-secondary education

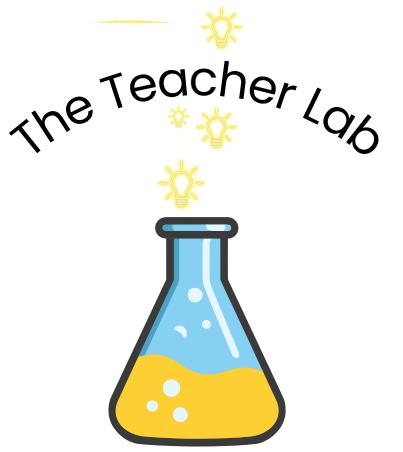
3. Earning

Gaining employment, handling money, budgeting

4. Thriving

Acquiring the life skills needed to live safely, happily, and healthily

What do the workshops look like?



Each workshop runs 35-45 minutes, including activities, role-plays and lots of time for asking questions.

It is not a lecture, but a true learning community.



Do you have to commit to all of the workshops?

Just like our favorite menus (and curricula!), we offer an “a la carte” option.

Some schools may want professional development centered on post-secondary schooling, while others may want to concentrate on effective communication and emotion-regulation.

We will tailor our series of presentations to your needs.



Soft Skills



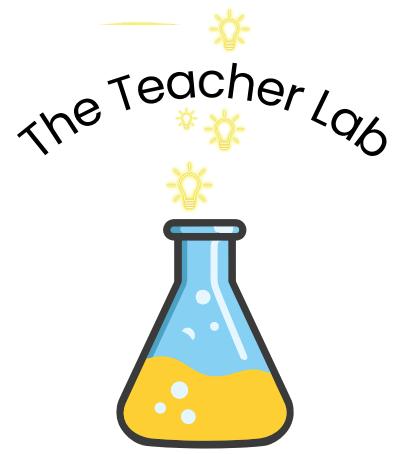
“Soft skills” are interpersonal competencies that enable effective communication, collaboration, and problem-solving.

Empower U!® always considers which soft skills apply to every facet of post-transition life.

Our activities and role-plays allow students to practice their soft skills while gaining proficiency in hard skills at the same time.



Sample workshop outline



PILLAR: **THRIVING** (Living safely, successfully, and happily!)

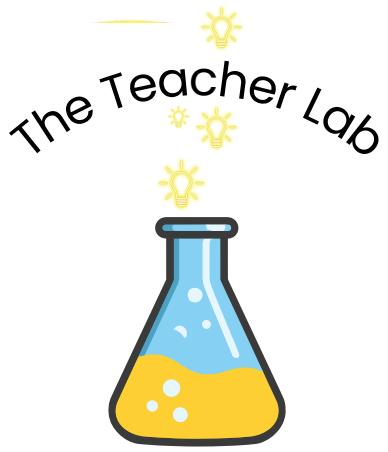
TOPIC: Internet Safety

OUTLINE:

1. Personal v. public
2. Trustworthy v. untrustworthy sites
3. “Netiquette” and staying safe
4. Making friends online
5. Social media do’s and don’ts
6. Chatrooms and gaming sites
7. Dating sites
8. Cyberbullying
9. What is a predator and how do I spot one?

SOFT SKILLS: Verbal/written communication, interpersonal relationships, self-confidence, friendliness, empathy, managing emotions, resilience, discretion, vigilance, cultural competence, appropriate v inappropriate, decision-making

Sample workshop outline



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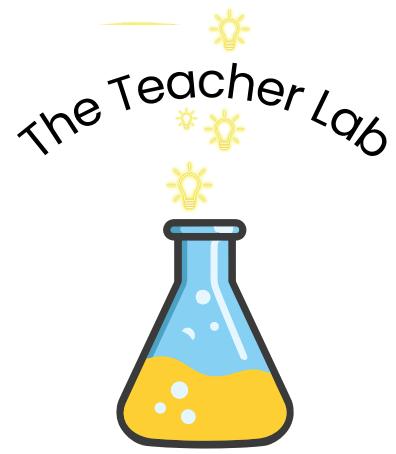
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***Any section can be removed
according to your needs
(like "a la carte" options on a menu!)**

SOFT SKILLS: Verbal/written communication, interpersonal relationships, self-confidence, friendliness, empathy, managing emotions, resilience, discretion, vigilance, cultural competence, appropriate v inappropriate, decision-making

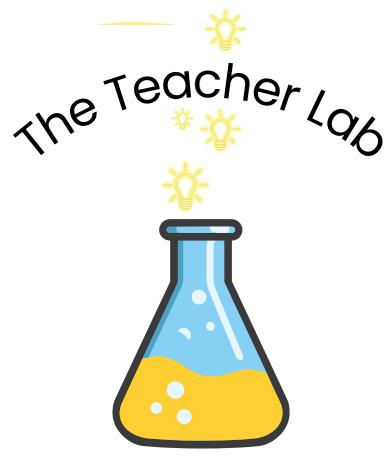
PLANNING



- Why planning is important
- IEP's and getting to graduation
- Setting goals for your IEP/transition planning
- Guardianship and supported decision-making
- Medical transitioning
- Accommodations
 - 504, basic, job applications/work-related, communicational, organizational, environmental, bodily/physical
- Knowing your rights
- S.M.A.R.T. goals and figuring out what you love

SOFT SKILLS: Self-awareness, self-advocacy, communication/active listening, asking for help, personal interaction, confidence, accepting criticism, emotion regulation, handling conflict, goal-setting, time management, self-discipline

LEARNING



- Accommodations
- School readiness
 - Budgeting your time, navigating work
- How to choose the right school for YOU
 - Do I disclose my disability?, college v vocational training
- The admissions process
- Accepting rejection
- Choosing classes
- Accessing academic support
 - Working with a disability coordinator, office hours, tutoring
- Making friends, extra-curriculars, and clubs
- Planning for life after school
- S.M.A.R.T. goals

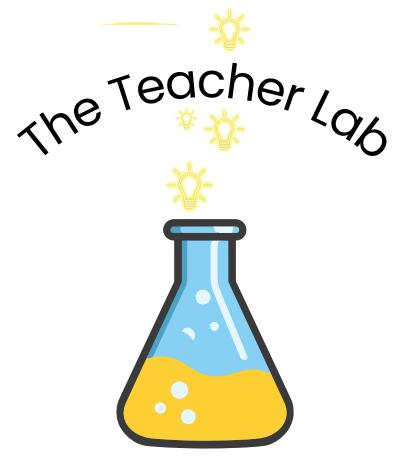
SOFT SKILLS: Professional/appropriate conduct, hygiene/grooming/dress, self-advocacy, communication/active listening, asking for help, personal interaction, confidence, accepting criticism, emotion regulation, handling conflict, teamwork, adaptability, travel

EARNING

- Writing a resume
- Interviewing
 - Time-management, appearance, interpersonal communication, following up
- Safety on the job
- Accommodations
 - Job application, communicational, environmental, organizational, bodily/physical
- Utilizing community resources/networking
- Transportation
- Time management
- Remembering and completing tasks
- Money management - shopping, saving, scheduling bill payment, spending, avoiding scams
- Workers' rights
- S.M.A.R.T. goals

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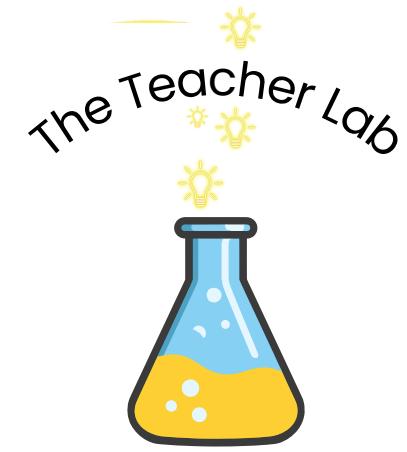
THRIVING



- Good decision making
 - Values, boundaries, consequences, public v. private, your trusted adult
- Forming and maintaining relationships
 - What is a relationship?, types of relationships, how/where to meet people, communication, “appropriate,” delivering and accepting rejection
- Community involvement
- Personal safety
- Internet safety
- Buying groceries/making meals/basic nutrition
- Clothing and other shopping - in person or online
- Cleanliness - home (cleaning, tidying, organizing), body (hygiene, grooming, and dressing)
- Getting along with roommates - boundaries, communication, chores, bills
- What is transportation? - the whats, the wheres, and the hows
- Know your rights
- S.M.A.R.T. goals

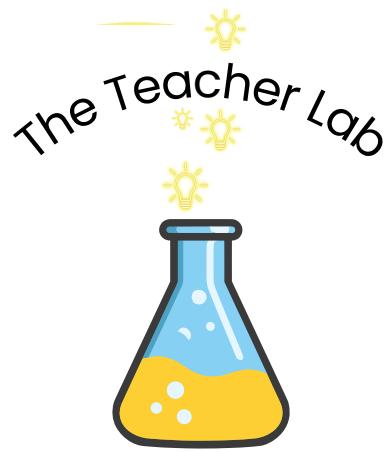
SOFT SKILLS: Appropriate behaviors, self-advocacy, communication/active listening, asking for help, personal interaction, confidence, accepting criticism, self-regulation, handling conflict,

WHAT WE NEED STUDENTS/PARENTS TO KNOW



- Transition to adulthood is exciting!
- There is no *better* goal
- There is no *bigger* winner
- Every single step is a win
- You have a community - use it!
 - Your school
 - Other parents
 - The Arc of NJ

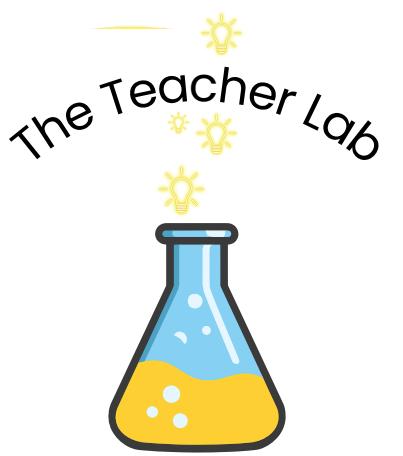
WHAT CAN WE DO FOR PARENTS?



- In-person and online workshops
- Archived “boot camps” (bite-sized lessons about specific information and skill building)
- Community circles
- “Meet Us in the Middle (of the Month)” webinars
- Newsletter
- Information & referrals



Contact us at helpdesk@planningforadultlife.org to request a workshop!



PLEASE LET US KNOW HOW WE CAN BEST HELP YOU BE THE PROFESSIONALS YOU ARE!

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helpdesk@planningforadultlife.org