

TRANSITION PREP

A **NEW** week-long summer experience designed to prepare students for their transition out of high school and plan for the next chapter of their lives.

Also known as T-Prep, Transition Prep is a curriculum based program, which incorporates an array of activities and teaching methods appropriate for high school students who want to prepare for their transition into adult services by:

- ▶ Identifying Present Skills & Find Opportunities to Enhance Levels of Independence
- ▶ Exploring Interests & Post High School Options
- ▶ Establishing Long-Term Aspirations & Setting Short-Term Goals to Support Their Individualized Transition Plan

T-Prep will take place on the campus of Pace University in Pleasantville, NY. Summer 2020 sessions begin July 6th and run through July 31st. Each session runs for one week, Monday-Friday from 9:00 AM to 3:00 PM.
(transportation is not included)



Transition Prep lessons and activities will vary with each session while common themes will be explored throughout each week.



- Vocational Interests & Career Exploration
- Resume Building
- Different Components of a Job
- Exploring Technology – Utilizing Apps
- Troubleshooting Hypothetical Scenarios
- Health & Wellness Guidelines
- Internet & Overall Safety
- Responding & Navigating Change
- Social Skills & Connecting with Peers
- Self-Advocacy: Having Your Voice Heard
- Identifying Natural Supports
- Participating in IEP and/or Life Plan Meetings

SAMPLE DAY 1

9:00 AM: Arrival
9:15–9:30 AM: Review day's schedule
9:30–10:30 AM: Social Skills: Ice Breaker Activity
10:30–11:45 AM: Safety, Navigating
New Environments: Campus Scavenger Hunt
11:45 AM–12:30 PM: Lunch/Free Time
12:30–1:30 PM – Computer Lab: Creating,
Checking & Writing E-Mails
1:30–2:30 PM – Career Exploration:
Job Requirements & Job Tasks
2:30–3:00 PM – Wrap-up: update T-Prep log,
discuss home assignment/task, departure

SAMPLE DAY 2

9:00 AM: Arrival
9:15–9:30 AM: Review day's schedule
9:30–10:30 AM: Social Skills: Ice Breaker Activity
10:30–11:45 AM: Computer Lab:
Internet Scavenger Hunt using Google
11:45 AM–12:30 PM: Lunch/Free Time
12:30–1:30 PM – Fitness & Social Skills:
Break-up into teams and create a workout
routine to a song of choice
1:30–2:30 PM – Safety, Problem Solving,
Social Skills: Jeopardy
2:30–3:00 PM – Wrap-up: update T-Prep log,
discuss home assignment/task, departure



Admission Requirements:

- Exiting high school in 2020, 2021 or 2022
- Has OPWDD Eligibility or has a Medicaid Waiver
- Has transportation to and from Transition-Prep
- Responsible for bringing or purchasing lunch
- Can safely participate in a group of five participants with one staff
- Engages in basic communication (may include non-verbal supports)
- Participant must be self-medicating

Application & Registration Process:

The Transition Prep application process follows The Arc Westchester's Recreation Department Guidelines. **If you are a New Participant to Recreation Department Programs**, please complete the [New Participant Application Form](#) and the [Transition Prep Online Application Form](#).

If you are a Returning Recreation Participant please complete the [Transition Prep Online Application Form](#). Applications must be submitted by March 20, 2020. You will be notified the week of April 13th.



For further information, contact Jacie Feuer, Transitions Services Director
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