



NTACT

National Technical Assistance Center on Transition

Improving Postsecondary Outcomes for All Students with Disabilities

NTACT hosted a webinar entitled *Providing Transition-Focused Activities Online and At Home* on March 24, 2020 focused on sharing resources with practitioners and families, desiring to provide meaningful transition services during the COVID-19 crisis – when access to so many experiences is unavailable.

This webinar was lived captioned and will be posted to the transitionta.org website under the events tab.

You may also **participate in an online discussion and share resources** related to this topic on the Transition Coalition website.

To address the challenges of educating at home and (in some cases) online during this period of time, NTACT has assembled some resources below from its own Toolkits and [Quick Guides](#), as well as resources from partner centers and organizations.

Resources for Educators Assembling At-Home Packets:

[NTACT Lesson Plan Starters via Teachers Pay Teachers](#) – NTACT has developed lesson plan starters to teach academic, employment, and independent living skills from the high quality intervention studies reviewed by the center. Some of these may require additional resources to complete. Specific lesson plans are featured below. They may also be accessed – topically – at NTACT’s website, [here](#).

There are several data collection tools to share with families and students in [Student Progress Monitoring Toolkit](#) – specifically pages 21 – 27.

There are numerous resources below, as well, that may be printed and shared directly with students.

General Educational Resources:

[Amazing Educational Resources](#) – A comprehensive list of free online resources for educators

[Scholastic - Learn at Home Grades K-9](#) - Free online resources from Scholastic that includes day by day projects to keep students in grades K-9 reading, thinking, and growing

[TEDEd](#) – Video based lessons organized by grade and subject areas

Assessment and Planning:

[Transition Assessment Matrix](#)- Indiana Secondary Transition Resource Center

[The Job Center](#) is youth/ student centered and an opportunity for online exploration and planning.

Support youth in the development of post-school employment goals:

<http://www.parentcenterhub.org/repository/employment/>

Learn about potential members on your transition team:

<http://www.parentcenterhub.org/repository/adultservices/>

Explore Career Aptitude Testing Resources to help explore career options -

<https://careertech.org/student-interest-survey>, <https://www.youscience.com/>

[Likes and Dislikes- Washington Sensory Disabilities](#)

[General Work Skills and Behavior Assessment- NCDB](#)

[Florida's Career Cruiser guide](#). [Accessible materials](#) for educators and families for the guide.

[North Dakota's Launch My Life](#)

[Wisconsin's Let's Get to Work](#)

Support youth in secondary transition planning through this guide –

[Dude, Where's My Transition Plan](#) [Amigo, ¿dónde está mi plan de transición?](#)

[Careers Cluster Interest Survey](#)

[Job Shadow Feedback](#)

[Photo Career Quiz](#)

[Ohio State University EnvisionIT Curriculum](#)

1. EIT Group Resource Library in [Schoology](#)
 - a. Sign up and join our group with the following access code: **Q933T-7PJSF**
 - b. Also available from Schoology's Public Resources (search for EnvisionIT)
2. EIT Library in [Google Drive](#): <https://go.osu.edu/eitlibrary>
3. EIT Course Models in [Canvas Commons](#) (search for EnvisionIT)

[NTACT Transition Toolkit](#)

Begin to develop a [student portfolio](#)

Develop a [Positive Personal Profile](#) while at home

Focus Area Postsecondary Education:

Youtube on Disability Disclosure: [NCWD-Youth Disability Disclosure](#)

[Get Ready for College](#) - virtual course for high school students interested in college may satisfy virtual credits toward a Virginia diploma, but is relevant for students with intellectual or developmental disabilities in any state.

Research colleges and universities <https://collegescorecard.ed.gov/> or through your own state's college planning website.

[Off To College](#)

[Think College](#)

Use these "tips", while visiting colleges virtually: [Campus Visit Tips - with online suggestions](#)

The [College Application Process](#) webinar resource from ThinkCollege

Use this time to prepare for college by creating lessons and activities with the following resources (e.g., highlight differences, list 4 important next steps, create a calendar, list 3 major ideas).

- [High School vs. College](#)
- [College Preparation and Admissions Test](#)
- [Comparing College Programs](#)
- [Terms to Know](#)
- [Speech Disorder Resources for College](#)

[Concrete Manipulatives to Teach Algebra \(phase 1\)](#)

[Representation to Teach Algebra \(phase 2\)](#)

[Abstract to Teach Algebra \(phase 3\)](#)

[Using Graphic Organizers to Teach One Step Word Problems](#)

[Using Self-Regulated Strategy to Solve Multi-Step Math Problems](#)

[Using Schema Based Instruction to Solve Multi-Step Math Problems](#)

[Using a Graphic Organizer to Teach Science Vocabulary](#)

Focus Area Employment:

Learn about work and why it is important: <http://www.youthhood.org/jobcenter/index.asp>

<https://explore-work.com/> WINTAC has worked with Employment Resources, Inc. (ERI), the University of Wisconsin-Madison, and the University of Wisconsin-Stout Vocational Rehabilitation Institute (SVRI) to design a series of web-based modules that align with the five required WIOA Pre-Employment Transition Services activities for use with students with disabilities

Explore career opportunities through active participation information gathering:

<http://www.onestopcoach.org/>; <https://www.onetonline.org/>

[Play the Career Interests game](#) – University of Missouri

Complete the [Pocket Resume](#)

Explore possible job accommodations: <https://askjan.org/soar.cfm>

Transition Planning and Service Resources Compiled for At-Home Use - March 24, 2020

Set the expectation of work/assist youth in preparing for employment:

<http://www.pacer.org/transition/learning-center/planning/preparing-employment.asp>

Tip Sheets for students/ families to review to gather important information for employment preparation: [How to Keep a Job](#) and [Disability Disclosure \(from Transitions to Adulthood Center for Research\)](#)

[Skills to Pay the Bills](#) is intended for classroom instruction; however, some lessons may be adapted for home. The curriculum is downloadable and printable – from the Office of Disability Employment Policy.

[Using Video Modeling to Teach Interviewing Skills](#) Download the VidCoach App (or comparable) to complete this lesson: [link to vid coach description](#)

[Using Least to Most Prompts to Teach Office Computer Skills](#)

[Career Exploration and Virtual Job Shadowing - SmartParent Video](#)

[Explore Careers in Agriculture and Beyond](#)

Association for Career & Technical Education (ACTE) - [Distance Learning Resources](#)

National Career Development Association - [Internet sites for career planning](#)

Focus Area Independent Living:

Assess your child's independent living skills for future planning/ instruction: [Independent Living Checklist](#) and [Spanish version](#)

[Casey Life Skills Resources](#)

[PowerPoint slides for lessons](#) on **travel training** from the Kennedy Center in Connecticut – extracted from NTA's [Quick Guide on Transportation](#)

Budgeting

Develop “payment” for specific activities completed at home. (Payment may be monetary or preferred activities). Have students “pay” for meals, gas, or rent (as appropriate). Simple resource on “token economy” [Video and brief description](#)

[Cents and Sensibility](#): A guide to money management for students with disabilities

[Budget Your Life](#): Forming a budget is one of the most important parts of financial success. This interactive site assist students in exploring budgeting strategies.

Self-Determination “bell ringers”, associated with the Me! Lessons for teaching self-awareness and self-advocacy: [Bell Ringer PowerPoints](#)

Links to the Me! Lesson resources, Choicemaker Self-Determination curriculum resources, Whose Future Is It Anyway? IEP participation curriculum, and other self-determination resources for FREE at [Zarrow Center Transition Resources](#)

Self-Determined Learning Model of Instruction website:
<http://www.selfdetermination.res.ku.edu/homepage/resources/>. Three phases of the SDLMI worksheet:
[Accessible/ Printable Worksheet](#) and [Interactive Online Page](#)

Healthy Lifestyles instructional ideas from Oregon Health Sciences University: [Summary of Lessons from Young Adult Curriculum](#) and [39 Pages of Handouts](#)

Healthcare Transitions quiz for Youth and Young Adults:
<https://gottransition.org/youthfamilies/HCTquiz.cfm>

HCT Readiness Assessment for Youth:
<https://gottransition.org/resourceGet.cfm?id=224>

HCT Readiness Assessment for Parents/Caregivers:
<https://gottransition.org/resourceGet.cfm?id=225>

HCT Readiness Assessment for Students in Special Education:
<https://gottransition.org/resourceGet.cfm?id=526>

Independent Living Lesson Plan Starters

[Using Self-Management to Teach Task Initiation](#)

[Using Least to Most Prompts to Teach Laundry and Cleaning Skills](#)

[Using Response Prompting to Teach a Specific Skill](#)

[Using Simulation to Practice Social Skills](#)

[Using Self-Monitoring to Teach Game Related Social Skills](#)

[Using Simulated Instruction to Teach Selecting the Correct Bus Stop](#)

[Using the "One More Than" Purchasing Strategy](#)

[Using Response Prompting to Teach Grocery Store Shopping](#)

[Using Time Delay to Teach Selecting the Lower Priced Item](#)

[Using Video Modeling to Teach Meal Preparation](#) (this lesson features use of a DVD; however, a YouTube or other video featuring a recipe could be substituted)

[Using Time Delay to Teach Snack Making](#)

Each of the lesson plan starters above could be used to teach a different skill in a different setting than those included in the original lesson plan.

Mental Health conversation starters and infographics/ tips through [NAMI](#) and [Pathways](#)
Transition Planning and Service Resources Compiled for At-Home Use - March 24, 2020

Mobile Apps to Support Transition-Age Youth - [PACER Center - The Path to Independence](#)

Recreation and Leisure

Cultural and Virtual Museums

Google Arts and Cultures - <https://artsandculture.google.com>

Exercise and Fitness

Planet Fitness: One of the country's largest gym chains, Planet Fitness, has been live-streaming [free online workout classes on its Facebook page](#) on weekdays at 7 p.m. ET. These 30-minute, equipment-free workouts are also available on demand on their [YouTube channel](#).

Nike Training Club: This app lets you download [free 15-, 30-, and 45-minute workouts](#) designed by Nike trainers. Most of the workouts are equipment-free and use GIFs to demonstrate how to do each exercise — from squats, to walkouts, to lunges. There's a premium version, too, that includes nutrition advice.

Corepower Yoga: The national yoga chain is offering [free 30- and 60-minute classes](#) while studios are closed. Special livestreams of classes will be available for members only starting March 19, and you can pay the \$19.99 monthly fee for unlimited access to all [Yoga On Demand](#) classes.

YogaWorks: Have a little more time? You can find plenty of 60-, 75-, and 90-minute classes on various studios' YouTube accounts. [Full schedule here](#).

Downward Dog: This company is offering its suite of fitness apps — from the seven-minute workout, to Barre, to Yoga for Beginners — for free, with no subscription required — www.downdogapp.com/schools

Other Notable Websites with Numerous Transition-Focused Resources

Create a login at www.transitioncoalition.org to access some excellent [Transition Tips](#) from the field.

[Arkansas Transition Services](#)

[Florida's Transition Education Network \(Project 10\)](#)

[Nebraska's Transition Planning Guide](#)

[Pennsylvania's Secondary Transition Guide](#)

[UtahFutures](#)

[West Virginia's Pathways to the Future](#)

Disability Specific Resources in Response to COVID 19

Autism

[Supporting Individuals with Autism through Uncertain Times](#)

[Autism Society - Coronavirus: Response & Resources](#)

Intellectual and/or Developmental Disabilities

[The ARC - COVID-19 Resources for People with Intellectual and/or Developmental Disabilities](#)

Mental Health

[NAMI COVID-19 - Information and Resources](#)

Sensory Impairments

[Virtual Activities for Teachers and Families - TX Sensory Support Network](#)

Remember! We're also on



and YouTube....look for #transitionta and follow us.

