

# Mom and Me vs. the World

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# Agenda

- A Little Bit About Us
- What Went Well
- What Didn't Go Well
- Mother Knows Best
- Workplace
- Programs / Resources

# Middle School Transition

## What went well:

- Organization
  - Explored and developed my own organizational system
- Diffuse Anxiety
  - Combination Lock
  - Class Schedule
- Before School Starts
  - Met teachers
  - Set up locker ahead of time
- Social / Athletic Involvement

## What we would have changed:

- Assistive Technology
  - Explore Options (in Elementary School)
  - Implement in Middle School
- Course Planning
  - Honors Classes
  - Six Year Plan
- Study Strategies
  - Exploring various Strategies
  - Tracking what works/what doesn't
- Planning for College

# High School and College Prep

## What went well:

- Transition Planning
  - Organization System
  - Owning Disability
  - Advocacy
  - Independent Living Skills
  - Interest Inventory
  - College Exploration
  - Documentation
  - College Prep Programs

## What we would have changed:

- Basic skills with post-secondary focus
  - Align students with similar tracks (i.e. college vs. employment)
- Job Shadowing
- Exploring College Majors and types of employment associated with those majors

# College

## What went well:

- College Survival Kit
- Access Plan
- Advocacy
- Stayed Focused
- Figured out a schedule that worked well for me
- Documentation was ready

## What we would have changed:

- Majors
- Environmental Changes
- Unrealistic time management/schedule
- Too many credits
- Social adjustments

# Mother Knows Best (Her Advice)

- **Developing Independent Living Skills**
  - Getting Out of the Comfort Zone
    - Writing Checks
- **Stay Involved - Coach from the Sidelines**
- **If and When the Call Comes**
  - Tough Love
- **Letting Go**
- **Many of Life's Lessons are Learned Outside of the Classroom**
- **Give Lots of Praise, Love and Encouragement**

# Workplace

- **My Experience**
  - To disclose or not
  - Creating a support system and network
  - Your disability is with you for life
- **Reactions**
  - Accommodating Principle
  - Accepting Co-workers
  - Students and Parents

# Post Secondary Transition and College Awareness Programs

- **Future Quest** <http://www.vacollegequest.org/FQ2011/index.shtml>

A free career and college forum for students with disabilities, parents and professional.

- **Movin' On Up** <http://www.jmu.edu/ttac/secondarytransition.shtml>

Program is for 8th and 9th graders with disAbilities who have an interest in attending a four year college. The students will spend the day at James Madison University learning about college life from successful college students with disAbilities. Students will learn what self-advocacy skills are necessary to be successful in high school and college, participate in disAbility awareness activities, attend a typical college class, explore a the college campus, eat in the dining hall, and have the opportunity to ask questions to a panel of successful high school and college students with disAbilities.

- **Discovering College** <http://www.jmu.edu/ttac/secondarytransition.shtml>

Program for students with disabilities to experience and learn about the college setting. This half day visit pairs high school students with college students who are registered with the Office of Disability Services. The high school students are welcomed with an icebreaker activity, attend a mock college class taught by a college professor, eat lunch with college students, and are provided the opportunity to ask questions and hear from the college students and others about college life.

# Post Secondary Transition and College Awareness Programs

- **College Bound Program** - <http://www.cpe.vt.edu/collegebound/>

College Bound is a college transition program for high school juniors, seniors, and their parents/guardians. Established in 1999, College Bound promotes and supports the success of students with disabilities in higher education. Our two programs will be held on the Virginia Tech campus in Blacksburg, Virginia.

- **Youth Leadership Forum** - <http://www.vaboard.org/ylf.htm>

The YLF-VA program seeks to empower young people with disabilities to further develop their leadership skills. Students, serving as Delegates from communities throughout Virginia, participate in a wide range of activities and learning experiences during the four day Youth Leadership Forum set on a university campus. The curriculum includes training and development of individual career and life-goals, leadership skills, social skills, and self-esteem. Delegates benefit from sharing the experience of an energetic and socially enriched environment with other delegates, distinguished guests, mentors, and highly motivated volunteer staff.

- **I'm Determined – Self Determined Youth Summit**

[http://www.imdetermined.org/news/2011\\_fall\\_youth\\_summit\\_application](http://www.imdetermined.org/news/2011_fall_youth_summit_application)

The Summit is a two-day event held each fall and sponsored by the Virginia Department of Education and the Partnership for People with Disabilities. Approximately 100 youth with disabilities from across the Commonwealth meet to network and discuss issues of importance to youth and young adults with disabilities. During the Summit, delegates work in teams to identify issues and develop action plans that will encourage youth to better advocate for themselves and lead more self-determined lives.

# Resources

- “Becoming a Master Student” by: David Ellis
- Learning Styles – Vark Questionnaire - [www.vark-learn.com](http://www.vark-learn.com)
- Interest Inventory – [www.myfuture.com](http://www.myfuture.com)
- Study Strategies – Learning Tool Box  
<http://coe.jmu.edu/learningtoolbox/studentDirections.html>
- What Accommodations and How to Use Them?  
[http://www.ccdanet.org/ecp/college/student\\_self\\_assess/](http://www.ccdanet.org/ecp/college/student_self_assess/)
- LD Online Website-[www.ldonline.org](http://www.ldonline.org)
- Virginia College Quest website- [www.vacollegequest.org](http://www.vacollegequest.org)
- K & W Guide College for Students with Learning Disabilities