



Winston *Transitions*

Core Components and Essential Elements

Qualities of a Sustainable and Independent Learner

- Resiliency
- Social Responsibility
- Self-Advocacy
- Self-Reflection
- Self-Regulation
- Self-Reflection
- Social Communication Skills
- Problem Solving
- Management and Organization

Career/Academic Analysis

- Assessment and interview
- Understanding strengths and weaknesses
- Ascertain opportunities for supporting needs and skill development
- Clear direction post transition program
- Understanding multiple intelligences to make career choices
- Project based learning

Internship/Field Experience

- Based off of career analysis/skills and interest
- Cohesion between academic course work and life skills
- Improves workplace skills
- Connection to Professional Studies curriculum
- Safe hands on approach
- Providing natural support
- Supported and guided by professionals in varied industries and fields
- Provides experience and knowledge
- Possible career opportunities
- Comprehensive feedback session/*Continuous Feedback System*

Employability Skills

- Understand social networking (Facebook, Twitter, etc) appropriateness
- Hone time management and organizational skills using various applications
- Develop workplace email etiquette and effective communication
- Expand web-based research skills regarding job searches
- Interviewing skills
- Transferable skills
- Hard and soft skills

Personal Goal Setting

- Break down goals
- Continually assess awareness of, and confidence in, life and workplace skills
- Develop self-reflective capabilities
- Cultivate a higher level of independence
- Identify problems, evaluate situations, strategize and prioritize
- Create a support system
- Set specific short and long-term goals
- Increase the ability to follow through

Academic and Social Problem Solving

- Enhance self-advocacy skills
- Strengthen understanding of personal strengths and weaknesses and enhance self-awareness
- Build personal and academic confidence including confidence in ability to succeed in a post-secondary environment
- Improve independent organization and maintenance of academic materials
- Enhance self-reflection and self-awareness through regular discussion and ongoing reflective exercises
- Improve organizational skills
- Enhance motivation
- Improve time management skills

Communication

- Demonstrate interpersonal communication skills
- Apply basic principles of group discussions
- Manage conflict in interpersonal communication situations
- Explain and illustrate the forms and purposes of human communication in a variety of contexts
- Enhance your active-listening skills to anticipate and avoid common misunderstandings
- Build collaborative relationships that emphasize trust and respect
- Communicate effectively using simple, concise and direct language
- Public speaking

Reflection and Assessment

- Provides students with the opportunity to reflect
- Develop the ability to troubleshoot situations that are ongoing in their internships/field experience
- Strengthen communication and interpersonal skills
- Share experiences and collaborate with peers
- Learn to adaptively manage challenging social situations through role play and group discussions
- Understanding their abilities and learning and work styles

Projected outcome for students enrolled in the program

- Finding and keeping meaningful work
- Increased readiness for higher education opportunities (when appropriate)
- Developing relationships with internship providers (potential employment)
- Independent living skills
- Knowledge of the agencies and systems that provide supports for adults with disabilities.
- Develop the ability to maintain personal finances, self-care, and adult living skills
- Social & emotional development as a young adult, social skill development
- Social integration including recreation and other forms of vocational activities
- Lifelong learning
- Connection with the individual and their families
- A strong commitment to personal goal setting and self-determination