

**Resources and References for the  
Middle School Secondary Planning Trail Map for Families  
Locate Middle School Secondary Planning Trail Map  
<http://project10.info/DPage.php?ID=77#NS138>**



**Packing Your Parent Backpack**

Updated 03/31/26

**Trail Marker 1**

**Preparing for the Journey: Secondary Planning Activities from Elementary School to Middle School**

- Tips for Transitioning to Middle School for Students with Disabilities  
<https://peatc.org/wp-content/uploads/2025/07/Tips-for-Transitioning-to-Middle-School-for-Students-with-Disabilities.pdf>
- Six Great Ideas for Summer Learning – Florida Department of Education (FDOE)  
<http://www.fldoe.org/core/fileparse.php/7581/urlt/SummerLearningHandout.pdf>

**Trail Marker 2**

**Every Day on the Trail – Social Skills**

- Practicing Social Skills: How to Teach Your Student Social Interactions  
<https://www.idonline.org/ld-topics/behavior-social-skills/practicing-social-skills-how-teach-your-student-social>
- Special Education Students – What are Adaptive Skills?  
<https://www.brighthubeducation.com/special-ed-learning-disorders/73324-improving-adaptives-skills-in-students-with-intellectual-disabilities/>
- Walker, J., & Barry, C. (2018). Assessing and supporting social-skill needs for students with high-incidence disabilities. *Teaching Exceptional Children*, 51(1).  
<https://doi.org/10.1177/0040059918790219>

**Trail Marker 3**

**Self-Determination: An Internal Compass for Life**

- Agran, M., Wehmeyer, M. L., Cavin, M., & Palmer, S. (2008). Promoting student active classroom participation skills through instruction to promote self-regulated learning and self-determination. *Career Development for Exceptional Individuals*, 31(2), 106–114.
- Choicemaker Self-Determination Curriculum  
<https://www.ou.edu/education/zarrow/resources/curriculum>
- How Self-Determined Are You? A Toolbox of Resources to Help Build Self-Determination Skills – Virginia Department of Education

[https://www.imdetermined.org/wp-content/uploads/2018/06/toolbox\\_for\\_self-determination\\_2.pdf](https://www.imdetermined.org/wp-content/uploads/2018/06/toolbox_for_self-determination_2.pdf)

#### **Trail Marker 4**

##### **Middle School Course Requirements and Options**

- 2025-26 CAPE Industry Certification Funding List (Excel)  
<https://www.fldoe.org/file/8904/2526CAPEIndustryCertFundList.xlsx>
- Choicemaker Self-Determination Curriculum  
<https://www.ou.edu/education/zarrow/resources/curriculum>
- End-of-Course Testing Waivers – Section 1008.22 Florida Statutes  
[http://www.leg.state.fl.us/statutes/index.cfm?mode=View%20Statutes&SubMenu=1&pp\\_mode=Display\\_Statute&Search\\_String=1008.22&URL=1000-1099/1008/Sections/1008.22.html](http://www.leg.state.fl.us/statutes/index.cfm?mode=View%20Statutes&SubMenu=1&pp_mode=Display_Statute&Search_String=1008.22&URL=1000-1099/1008/Sections/1008.22.html)
- First Steps Towards Employment: Increasing Students’ Career Awareness  
<https://1539635743964.medium.com/first-steps-towards-employment-increasing-students-career-awareness-e021dc284b3b>
- Middle Grades Course Requirements – Middle Grades English Language Arts (ELA), mathematics, civics, science, and career and education planning – Section 1003.4156, Florida Statutes  
[http://www.leg.state.fl.us/statutes/index.cfm?App\\_mode=Display\\_Statute&URL=1000-1099/1003/Sections/1003.4156.html](http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&URL=1000-1099/1003/Sections/1003.4156.html)
- The statutory requirements for physical education (one semester each year) are found in Section 1003.455, Florida Statutes.  
[http://www.leg.state.fl.us/statutes/index.cfm?App\\_mode=Display\\_Statute&Search\\_String=&URL=1000-1099/1003/Sections/1003.455.html](http://www.leg.state.fl.us/statutes/index.cfm?App_mode=Display_Statute&Search_String=&URL=1000-1099/1003/Sections/1003.455.html)
- Webinars on Middle Grades and CTE  
<https://www.actonline.org/why-cte/middle-school-cte/middle-school-podcasts-and-webinars/>

#### **Trail Marker 5**

##### **Individual Educational Plan (IEP) Information**

- Executive Function  
<https://developingchild.harvard.edu/science/key-concepts/executive-function/>
- Executive function activity ideas for 7 – 12 year-olds  
<https://harvardcenter.wpenginpowered.com/wp-content/uploads/2015/05/Executive-Function-Activities-for-7-to-12-year-olds.pdf>
- Executive function activity ideas for adolescents  
<https://developingchild.harvard.edu/wp-content/uploads/2024/10/Activities-for-Adolescents.pdf>

- Hawbaker, B. W. (2007). *Student-led IEP meetings: Planning and implementation strategies*. TEACHING Exceptional Children Plus, 3(5). Retrieved from <https://files.eric.ed.gov/fulltext/EJ967458.pdf>
- Project 10's Transition Requirements Checklist – This is a comprehensive checklist of transition requirements that provides age-specific details about when they should occur in the Transition Individual Educational Plan (TIEP). Updated 12/14/23 with legislative updates originating in House Bill 173 (2021). <http://project10.info/DPage.php?ID=77>

## Trail Marker 6

### Early Warning Systems (EWS) – The ABCs of Student Data

- EWS Video – Preventing School Dropout in Middle School and High School – Institute of Education Sciences, Regional Educational Laboratories (REL) Midwest <https://www.youtube.com/watch?v=aDf8-WvjK5M>
- Klare, M., Stevenson, B., & Terrell, M. (2016). *Early Warning Systems in Transition Annotated Bibliography*, National Technical Assistance Center on Transition (NTACT). <https://files.eric.ed.gov/fulltext/ED601051.pdf>
- Mapping the Early Attendance Gap – Attendance Works and Healthy School Campaign [https://www.attendanceworks.org/wp-content/uploads/2017/05/Mapping-the-Early-Attendance-Gap\\_Final-4.pdf](https://www.attendanceworks.org/wp-content/uploads/2017/05/Mapping-the-Early-Attendance-Gap_Final-4.pdf)
- The Role of Parents in Dropout Prevention: Strategies that Promote Graduation and School Achievement <https://eric.ed.gov/?id=ED495870>

## Trail Marker 7

### Career Education and Planning

- College and Career Readiness <https://ccrcenter.org/sites/default/files/Improving%20College%20and%20Career%20Readiness%20for%20Students%20with%20Disabilities.pdf>
- Career Exploration in Middle School: Setting Students on the Path to Success [https://www.acteonline.org/wp-content/uploads/2018/02/ACTE\\_CC\\_Paper\\_FINAL.pdf](https://www.acteonline.org/wp-content/uploads/2018/02/ACTE_CC_Paper_FINAL.pdf)
- NTACT C: FAQs on Pre-Employment Transition Services (Pre-ETS) <https://transitionta.org/pre-ets-faqs/>
- Vocational Rehabilitation: Pre-Employment Transition Services (Pre-ETS) (formerly known as the STAR Program) Webpage with referral form <https://www.rehabworks.org/student-youth/student-youth.html>
- Pre-Employment Transition Services Flyer <https://www.rehabworks.org/resources/docs/flyers/pre-employment-transition-services.pdf>
- Vocational Rehabilitation: Supported Employment <https://www.rehabworks.org/adult-programs/supported-employment.html>

- Vocational Rehabilitation – Directory of Offices Statewide  
[http://www.rehabworks.org/office\\_directory.shtml](http://www.rehabworks.org/office_directory.shtml)
- What to Know about Work-Based Learning Experiences for Students and Youth with Disabilities (Federal Partners in Transition)  
<https://www.floridahats.org/wp-content/uploads/2016/06/What-to-Know-About-Work-Based-Learning-Experiences-for-Students-and-Youth-with-Disabilities-PDF.pdf>
- Work-Based Learning in Linked Learning  
[https://casn.berkeley.edu/wp-content/uploads/resource\\_files/WBL\\_Definitions\\_Outcomes\\_Criteria\\_pg\\_120512\\_v2.pdf](https://casn.berkeley.edu/wp-content/uploads/resource_files/WBL_Definitions_Outcomes_Criteria_pg_120512_v2.pdf)
- Xello: Provides Florida’s K-12 students with access to a comprehensive program that enables them to explore in-demand careers and the incredible advancement opportunities available to them when they enter a Career and Technical Education program.  
<https://xello.world/en/florida-college-career-ready/>

### **Trail Marker 8**

#### **Career and Technical Education (CTE) in Middle School and Beyond**

- Career and Technical Education: Enhancing Educational Experiences in Middle School, High School and Postsecondary Education  
<http://project10.info/DPage.php?ID=77#NS138>
- Graduation Options Chart – Project 10: Transition Education Network  
<http://project10.info/DPage.php?ID=77#NS138>
- Predictors of Post-School Outcomes (English, Spanish, and Haitian-Creole)  
<http://project10.info/DPage.php?ID=77#NS138>

### **Trail Marker 9**

#### **Transition from Middle School to High School**

- Moving on to High School: A Tip sheet for Parents of Children on Individualized Education Plans (Institute for Community Inclusion)  
<https://www.communityinclusion.org/pdf/to18a.pdf>
- Secondary Transition Roadmap for Families  
<http://project10.info/DPage.php?ID=77#NS138>

### **Trail Marker 10**

#### **Planning for College, Career and Life Readiness in Middle School**

- Florida College System  
<https://www.fldoe.org/schools/higher-ed/fl-college-system/>
- Getting Ready for Educational Opportunities After High School: Families Supporting Students for Success, Project 10: Transition Education Network  
<http://project10.info/DPage.php?ID=77>

- Mazzotti, V. L., Rowe, D. A., Sinclair, J., Poppen, M., Woods, W. E., & Shearer, M. L. (2016). Predictors of post-school success: A systematic Review of NLTS2 secondary analyses. *Career Development and Transition for Exceptional Individuals*, 39(4) 196–215, DOI: 10.1177/2165143415588047
- Project 10 – Postsecondary Education and Training  
<http://project10.info/PostsecondaryEducation.php>
- State University System of Florida  
<https://www.flbog.edu/>

## **Trail Marker 11**

### **A Journey Worth Every Step**

- Clayton, Darla (n.d.). 20 Things Every Parent of Kids with Special Needs Should Hear  
<https://www.abilities.com/community/parents-20things.html>
- Chapman, A. & Schram, D. (2018). Parenting advice and regrets of empty nesters. *Interdisciplinary Journal of Applied Family Science*, 67(4), 483-496, DOI:10.1111/fare.12337
- Florida Association of Centers for Independent Living  
<https://floridacils.org/>