



**Project 10 Topical Briefs**

are published on a monthly basis.

Each issue focuses on a specific topic or theme.

This month the *Topical Brief* is focused on

**Self-Determination and Self-Advocacy in Secondary Transition.**

**A Comprehensive Approach to Transition (2014)**

<http://www.parentcenterhub.org/repository/comp-approach-to-transition>

The Association of University Centers on Disabilities (AUCD) produced this paper to assist people to work together to support the self-determined transition of youth to adulthood and community life. The aim of this guide is to help youth receive support from family, community, professionals, and agencies to direct their own transitions.

Four important concepts are central to this guide:

1. Self-determination, or a student having a say in the important decisions of his/her own life, is at the heart of transition planning.
2. Everyone should understand the culture of the youth and his/her family when making and carrying out a transition plan.
3. Everyone involved with the youth needs to work together.
4. Transition planning should include all the perspectives and



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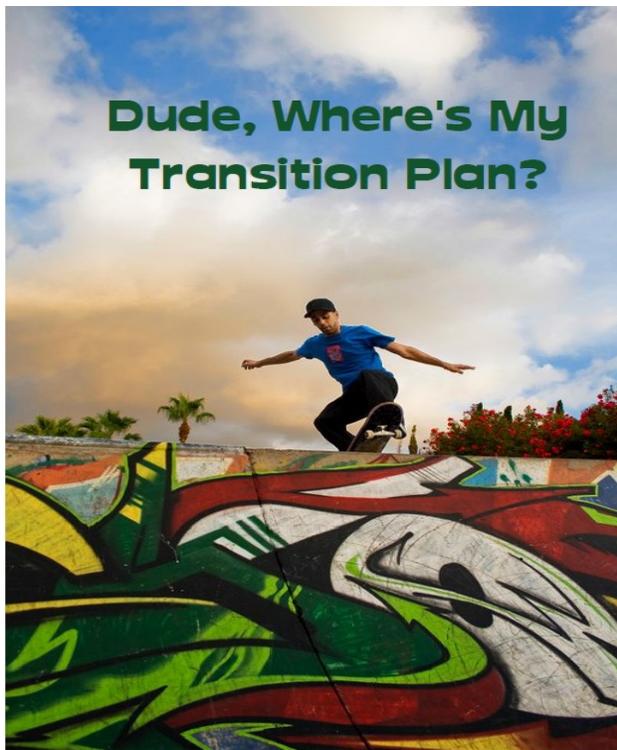
**January 2016 is National Mentoring Month**



<http://www.nationalmentoringmonth.org/>  
The National Mentoring Month website features a toolkit of campaign

organizations that will affect the transitioning student.

## Dude, Where's My Transition Plan? (2015)



<http://fndusa.org/wp-content/uploads/2015/05/Dude-Wheres-My-Transition-Plan.pdf>

This 28-page booklet was developed by Support and Training for Exceptional Parents (STEP), the Parent Training and Information center (PTI) in Tennessee and speaks directly to youth with disabilities. In addition to multiple transition planning worksheets, the booklet also includes several checklists and discussions of self-advocacy.

## Advising Through Self-Determination (2012)

<http://ngsd.org/news/advising-through-self-determination>

materials, such as public service announcements and digital and print material, among other mentoring-related resources.

## Mentoring Resources

### Community Tool Box, Youth Mentoring Programs

<http://ctb.ku.edu/en/table-of-contents/implement/youth-mentoring>

The Community Tool Box is a free, online resource for those working to build healthier communities and bring about social change. This section of the Community Tool Box features sections on building mentoring programs, recruiting and training mentors, as well as building relationships and monitoring mentoring programs.

### National Dropout Prevention Center/Network, Mentoring/Tutoring

<http://dropoutprevention.org/effective-strategies/mentoring-tutoring/>

This website features an overview of mentoring, including a rationale for and the impact of mentoring. This page also features key elements of successful mentoring programs and a link to related resources.

### PACER Center, Dropout Prevention

<http://www.pacer.org/parent/dropout-prevention/>

This website features several resources related to student dropout prevention, including an information sheet entitled "Dropout Prevention and Youth with Disabilities: The Role of Mentors" (2009) as well as links for additional information.

## Financial Wellness Month

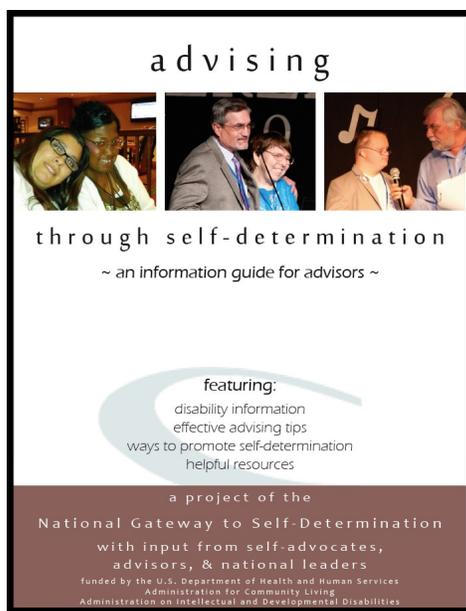


*Building a better economic future  
for Americans with disabilities*

## Real Economic Impact (REI)

<http://conta.cc/1JLE9qg>

Real Economic Impact Network News is a monthly newsletter that will provide the



latest information and resources to help NDI and its Real Economic Impact Network to continue to move forward our common mission: the economic advancement of people with disabilities. REI Network News will connect you with information, upcoming events, training opportunities and key resources in six key focus areas - taxes and tax preparation, financial education, asset development, benefits, employment and public policy - to help you work toward building a brighter financial future for all people with disabilities.

This guide provides advisors with a variety of resources, from general information regarding disability and advocacy to specific examples of activities that promote self-determination. Multiple organizations and individuals contributed to this guide, providing first-hand information from detailed traits of effective advisors to advice from both advisors and self-advocates.

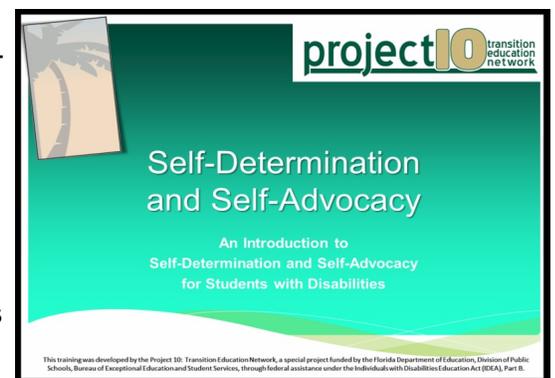
# RECOMMENDED Trainings

## Self-Determination and Self-Advocacy

This training is intended to introduce exceptional student education teachers and transition staff to the basics of evidence-based strategies for developing self-determination and self-advocacy skills for students with disabilities and expand on the current online module version. Objectives include a review of federal and state legislation related to self-determination and self-advocacy, definition of key terms and concepts related to the self-determination and self-advocacy skills for students with disabilities, outline of the steps of effective self-determination and self-advocacy instruction, and identification of additional resources for educators. (2 hours)

## Standing Up for Me, Train-the-Trainer

The Standing Up For Me curriculum was developed in Florida and designed to advance the self-determination and self-advocacy skills of youth in Exceptional Student Education (ESE). The 2012 version of this curriculum covers the primary, intermediate, middle and high school grades and includes classroom materials, activities, and evaluations. (4-6 hour s)



## Online Module: Introduction to Self-Determination for Students with Disabilities

This module is intended to introduce exceptional student education teachers and transition staff to the basics of evidence-based strategies for developing self-determination skills for students with disabilities. Objectives include a review of federal and state legislation related to self-determination, definition of key terms and concepts related to the self-determination skills for students with disabilities, outline of the steps of effective self-determination instruction, and identification of additional resources for educators. It takes about two hours

to complete.

*[Contact](#) your Regional Transition Representative (RTR) to schedule training or technical assistance related to dropout prevention and mentoring today!*

## Self-Determination Resources

### Center for Parent Information and Resources, Best Practices in Self-Advocacy Skill Building

<http://www.parentcenterhub.org/repository/priority-selfadvocacy/>

This page focus on best practices in self-advocacy skills building, which is one of the 14 priority topics identified by the Office of Special Education Programs (OSEP) at the U.S. Department of Education. This website features quick connections to materials and resources you can use with youth with disabilities and their families to build their abilities to advocate for themselves.

### Chart Your Own Future: How Your Individualized Education Program (IEP) Can Help

<http://www.pacer.org/parent/php/PHP-c113.pdf>

This information sheet describes a three step process to help high school students take a more active role in the IEP process. Resources for students and families are included.

### Florida Center for Inclusive Communities (FCIC) Fact Sheet: Inclusion Works for All

[http://flfcic.fmhi.usf.edu/docs/FCIC\\_FactSheets/FCIC\\_FactSheet\\_Inclusion.pdf](http://flfcic.fmhi.usf.edu/docs/FCIC_FactSheets/FCIC_FactSheet_Inclusion.pdf)

This fact sheet provides information about inclusion, self-determination, and the supports needed to ensure inclusion happens.

### I'm Determined

<http://www.IMDetermined.org/>

This web site contains a number of resources from the Virginia Department of Education's Self Determination Project including curriculum modules, films, plans, and tools such as templates for goal setting and student involvement.

### Me! Lessons for Teaching Self-Awareness & Self-Advocacy

<http://www.ou.edu/education/centers-and-partnerships/zarrow/trasition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html>

The ME! Lessons were developed to help educators teach students critical transition skills, such as self-awareness and self-advocacy skills. Materials include unit overviews, lesson plans, student and teacher materials and additional resources. Educators using the ME! Lessons may modify all lesson materials as needed to better meet individual student and teacher needs.

### National Gateway to Self-Determination (NGSD)

<http://ngsd.org/everyone/ngsd-products>

This page lists all of the products developed by NGSD, which includes a series of Research to Practice in Self-Determination Issues, white papers and practice guides, among other self-determination resources.

### Scope and Sequence: Self-Determination Course

[http://www.project10.info/files/7963140\\_SelfDetermination\\_v5.21.15.pdf](http://www.project10.info/files/7963140_SelfDetermination_v5.21.15.pdf)

The purpose of this scope and sequence is to support teachers implementing Self-Determination (Course Number 7963140), which includes activities and resources.

### Self-Determination/Self-Advocacy Correlated with Improved Education and Employment Outcomes

[http://transitionta.org/sites/default/files/PD\\_SD\\_Predictor\\_2015.pdf](http://transitionta.org/sites/default/files/PD_SD_Predictor_2015.pdf)

National Technical Assistance Center on Transition's (NTACT) practice description for Self-Determined Learning Model of Instruction to increase goal attainment.

### Self-Determination Course Description

<http://www.cpalms.org/Public/PreviewCourse/Preview/3383>

The purpose of this Florida Department of Education course for high school students and adults is to enable them to develop and apply self-determination skills in school, home, community, and work settings. Course content includes self-awareness, self-advocacy, self-efficacy, personal and career planning, goal setting, independent performance, and self-evaluation.

### Self-Determination for Middle and High School Students

<http://www.ncset.org/topics/sdmhs/default.asp?topic=30>

This National Center on Secondary Education and Transition topic explores how self-determination, which results from the development of self-esteem, self-awareness, and other positive learning skills, helps children and teens learn to exercise personal control over their lives.

### Self-Determination for Postsecondary Students

<http://www.ncset.org/topics/sdpse/default.asp?topic=7>

This National Center on Secondary Education and Transition topic explores how self-determination—the combined skills of self-awareness, self-advocacy, self-efficacy, decision-making, independent performance, self-evaluation, and adjustment—can contribute to an individual's ability to establish and achieve his or her own goals during and after higher education experiences.

### Show 47 Especially for Teens

<http://main.disabilitylawlowdown.com/>

This podcast from Disability Law Lowdown (available in English, Spanish, American Sign Language, and print) discusses how high school students can become self-advocates in the IEP process based on information from the PACER Center information sheet, Chart Your Own Future: How Your IEP Can Help.

### Standing Up for Me

<http://project10.info/TrainingOnRequest.php>

The Standing Up For Me curriculum was developed in Florida and designed to advance the self-determination and self-advocacy skills of youth in Exceptional Student Education (ESE). The 2012 version of this curriculum covers the primary, intermediate, middle and high school grades and includes classroom materials, activities, and evaluations.



### Whose Future Is It Anyway? 2nd Edition

<http://www.ou.edu/content/education/centers-and-partnerships/zarrow/transition-education-materials/whos-future-is-it-anyway.html>

This student-directed transition planning process helps prepare students for their IEP meetings and gain self-determination skills through six sections that contain 36 lesson sessions. This lesson package comes with a Coach's Guide (PDF) that outlines the lessons, how to teach them, the roles of the students and teachers, as well as expected outcomes.

### Zarrow Center for Learning Enrichment

<http://education.ou.edu/zarrow/?rd=1>

The Zarrow Center for Learning Enrichment facilitates successful secondary and postsecondary educational, vocational and personal outcomes for students and adults with disabilities. Free resources and links to commercial products on self-determination assessments and self-determination educational materials can be found on this site.

**REGISTER**

now!

## Project 10: Transition Education Network Regional Winter Institutes 2016

District transition contacts and teams: Join us to hear the latest transition updates and report on transition progress and activities since the VISIONS/Transition Planning Institute.

- **February 1, 2016: Region 2 (Northeast Florida)**  
Agenda and registration available at [https://docs.google.com/forms/d/1fpetQ62JHkhH\\_xAM-v\\_MPR2NczGXpBrJOTKj8GChWUI/viewform](https://docs.google.com/forms/d/1fpetQ62JHkhH_xAM-v_MPR2NczGXpBrJOTKj8GChWUI/viewform)
- **February 2, 2016: Region 1 (Northwest Florida)**  
Agenda and registration available at <https://docs.google.com/forms/d/1EZCOnoimPkfSzthcNEPH-Wx7eDSob33Y1fPK1FAWCvE/viewform>
- **February 4, 2016: Region 5 (South Florida)**  
Agenda and registration available at <https://docs.google.com/forms/d/1tCxHR2F9vbT7Ecd5HMP1cYOOjx8X2NTyPtwFvCfyqx0/viewform>
- **February 5, 2016: Regions 3 and 4 (Central Florida)**  
Agenda and registration available at [https://docs.google.com/forms/d/1KpYp0r10sL-bNNv7j5Ve7AxEHloq1kio4JMzAlg\\_19s/viewform](https://docs.google.com/forms/d/1KpYp0r10sL-bNNv7j5Ve7AxEHloq1kio4JMzAlg_19s/viewform)

For more information, please visit the Project 10 website at [www.Project10.info/WhatsNew.php](http://www.Project10.info/WhatsNew.php).

## Upcoming Events

**save the date** April 27-29, 2016  
Lake Mary Westin  
Lake Mary, FL

# VISIONS XXIII



**Are you connected?**  
A Transition Planning Institute

Sponsored by Florida Division on  
Career Development and Transition (FLDCDT)  
[www.FloridaDCDT.org](http://www.FloridaDCDT.org)

Coming soon... **The 6<sup>th</sup> Annual Hartwick Symposium**

## Hollywood Walk of Stars!

The Florida Consortium on Inclusive Higher Education wants you to **SAVE THE DATE**, as this year's annual Hartwick Symposium is just around the corner!

**WHEN:** April 14<sup>th</sup>-16<sup>th</sup>, 2016  
**WHERE:** Miami, FL (Specific Location TBA)  
**WHO:** Students, Families, and Professionals  
**Registration Fee:** \$95 for Professionals  
Students and families are **FREE!**

*The Hartwick Symposium focuses on current advances and innovative strategies surrounding postsecondary programs for students with intellectual disabilities. Parents, students, mentors, and educators from Florida career and technical centers, community and state colleges, and universities are invited to come together to share ideas and build on our mission.*



## Upcoming Webinars

Join the FCIC on the 3rd Wednesday of each month from

5:00pm - 6:00pm EST for an opportunity to participate in a series of webinars geared to build capacity on an array of employment related topics. The webinars are a tool used to share information and resources for self-advocates, family members, and other community partners to make informed choices and decisions about services, supports, policies, and best practices to ensure their requests and service provisions are based on individual goals and outcomes.

- February 17, 2016: Self-Employment Start Up Incubators
- March 16, 2016: Transition Planning and Guardianship
- April 20, 2016: Effective Strategies for Online Applications
- May 18, 2016: Self-Advocates' Panel Discussion on Employment Supports

### [Join Our Mailing List](#)



#### About Project 10 Topical Briefs:

Project 10 *Topical Briefs* provide short information summaries and resource links related to secondary transition.

***Have a question? Want to find or recommend a resource? Have some great news to share?***

Send us an email at

[project10@stpete.usf.edu](mailto:project10@stpete.usf.edu)

For back issues of Project 10 Topical Briefs, visit the newsletter page on the Project 10 website at

<http://www.project10.info/Newsletter.php>.

#### Project 10:

##### Transition Education Network

assists Florida school districts and relevant stakeholders in building capacity to provide secondary transition services to students with disabilities in order to improve their academic success and post-school outcomes.

**Project 10: Transition Education Network  
University of South Florida St. Petersburg**

Questions or comments?

Email us at

[project10@stpete.usf.edu](mailto:project10@stpete.usf.edu)

[www.Project10.info](http://www.Project10.info)