

# **Skill Development for College and Career**

1. What are my SDIs?
  - a. How to ask for them.
  - b. What is my IEP meeting?
  - c. Advocating for yourself
2. Independence
3. Transition Survey
4. Computer Programs used in schools
  - a. Google docs
  - b. Google slides
5. Strategies
  - a. Note taking
  - b. Test taking
  - c. Organization
    - i. Assignments and time
6. Sense of self
  - a. Self control
  - b. Empathy
  - c. Body language
  - d. Decision making
  - e. motivation
7. Career Exploration
  - a. Research, prep for future careers
8. Job Applications
  - a. References
    - i. Earning someone as a reference
    - ii. Letters of recommendation
  - b. Information you should know by heart
9. Resumes
10. Cover Letter
11. Interviews
  - a. General hygiene
12. New Job Paperwork
13. People at work
  - a. Getting fired
  - b. Co-workers, gossip, friends
    - i. What you should and shouldn't say
14. Work benefits
  - a. Health, optical, dental
  - b. Other working benefits
15. Pay Stubs
  - a. Taxes
16. Banking
  - a. Opening your account
    - i. statements
  - b. Saving Money

17. Credit

- a. Loans
- b. Cards
- c. Money management

18. Independent living

- a. Ready to live independent

19. Identification

- a. License and other forms of legal ID
- b. Social security cards
- c. Birth certificate

20. Owning a Car

- a. Loan payments
- b. Car insurance
- c. repairs

21. Traveling (plane, train, etc)

- a. Passport
- b. How to navigate around (airports)