

## TIPS FOR STRENGTHENING SKILLS IN PREPARATION FOR PSE

### Self-Advocacy and Self-Awareness:

- Review IEP and/or psychoeducational documents and discuss with parent or teacher so that student is informed about their disability, strengths, and needs
- Attend and participate in team meetings in which the student articulates his disability, strengths and needs
- Have student negotiate classroom accommodations directly with teacher
- Consider activities in high school that allow the student to truly reflect on their output
- Teach the student to be reflective often by embedding these types of thinking processes in their work (for example: reviewing a lecture or portion of content and comparing their summary to yours or the teacher's)
- Talk about grades and what they mean with your student

### Independent Living Skills:

- Increase use of public transit and fade support; start with short, direct trips with parent or support person and transition to independent trips of varying and increasing complexity
- Open personal bank account and manage budget and finances
- Practice doing tasks that might be relevant to living on one's own (whether the goal is to live independently or not during PSE), such as: meal planning and cooking, ironing, doing laundry, personal care
- Consider engagement in independent work or volunteering to build a variety of skills

### Social:

- Attend Transition Support Centre social nights to spend some fun time with college-age peers
- Try to be more conscious of how you interact with others and reflect on how they felt in the situation
- Think about the required social skills for college (i.e. working in groups) and practice developing these in your high school context (i.e. sharing opinions, leading, managing a group of people)

### Academic:

- Create and use a time management system for class assignments and out-of-class activities
- Engage in more structured self-reflection in your current class activities (i.e. Ask yourself, "What did I learn from that lecture or activity?")
- Identify skills that you feel you need to improve (i.e. note-taking, reading, organization, oral presentations) and ask your teacher to help you develop these. Many college or university websites have Learning Skills or Strategies websites with tips, information and videos on how to build these skills.

### Emotional Management:

- Identify situations that are challenging emotionally and identify triggers so that the student is aware they are happening or about to happen in the future
- Create several plans for dealing with challenging situations, that are applicable in a variety of contexts (i.e. deep breathing, leaving the situation and contacting a support person, accessing a calming item)

### Reference:

The Parent's Guide to College for Students on the Autism Spectrum, Thierfeld Brown, Wolf, King, and Bork, 2012

