

TRANSITION STRATEGIES: ADULT COMPETENCIES

~checklist of skills that supports learning and living for adolescents as they transition into and through adulthood~

This list is not intended to be all-inclusive, but rather as a framework for developing a transition plan.

EDUCATION: Addresses skills related to reading, writing, spelling & math		
The Skill Area	Specific Skills	
Language Arts	Vocabulary for specific activities	
	Vocabulary related to personal interests	
	Sentence building (formulating phrases)	
Spelling	Keyboarding	
	Using word prediction	
	Words needed for activities	
	Words of interest	
Book Reading	Independent reading (fiction, media, learning)	
	Using assistive technology to read (audio, adaptations)	
Writing	Word processing	
	Emailing / Texting	
	Letter writing	
	Making/Writing cards	
	Mailing (address, send mail) & PO Skills	
Math	Basic understanding of numbers & amounts	
	Understanding size & shape	
	Money identification	
	Money use	
SOCIAL/PERSONAL: Addresses skills related to understanding, identifying & relaying of personal information & social communication with others.		
The Skill Area	Specific Skills	
Personal Identification	Knowledge of personal information	
	ID of important people (family, helpers, friends)	
	ID/relay about communication systems	
	Knowing community places	
	Telephone skills	
FUNCTIONAL LIFE: Addresses skills related to understanding, participating and communicating during daily living activities.		
The Skill Area	Specific Skills	
Cooking	Recognize foods & food groups	
	Food preparation (microwave, multi-step)	
	Recipes	
Shopping	Types of stores & goods sold / Local stores	
	Using multi-media to search sales & purchase	
	Shopping lists	
	Using coupons	



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	Customer skills (how to ask, find, purchase)	
	Money handling	
Eating Out	Community restaurants (foods; locations)	
	Menu & ordering	
	Ordering take-out	
	Money handling / Paying	
Laundry	Sorting & matching clothing	
	Washing & drying clothes	
Transportation	Identifying ways to travel (local, regional, etc.)	
	How-to steps for specific travel	
	Travel safety	
Telephone	Telephone etiquette	
	Social scripts / Leaving a message	
	Making / changing appointments	
	Asking for information	
	Emergency 911 calls	
VOCATIONAL: Addresses skills related to finding, preparing for and keeping a job or career.		
The Skill Area	Specific Skills	
Finding a Job	Job & career related vocabulary	
	Identifying "what's important to me"	
	Identifying "what I am good at"	
	Identifying interests	
	Identifying kinds of jobs & work opportunities	
Job Skills	Following a schedule	
	Following directions	
	Interviewing for a job	
	Dressing for work	
	Grooming for work	
	Following steps in work tasks	
	Communicating with job coach /boss	
	Communicating with co-workers	

