

# Transition Camp Schedule Summary

*The camp begins Monday morning and ends Friday at Noon. Students should arrive by 10:00 pm Sunday evening, and they may depart anytime after Noon Friday.*

## **SUNDAY**

### ***Overview and introductions***

*We have come together to learn skills and techniques that will help us transition from the school world to the world of adult life.*

We begin in the early evening with introductions, housekeeping details, and dinner. Since you may be arriving on the evening plane, these activities are optional.

## **EVENING SCHEDULE**

### ***Recreation and leisure***

*After high school I will find healthy, productive, and enjoyable activities that will enrich my life.*

### ***Living independently***

*After high school I will know how to prepare healthy, balanced meals for my family and myself.*

## **MONDAY through FRIDAY**

We breakfast at 7:45 am and begin our work by 8:15 am, then have activities until about 9:30 pm each day. Students work on the following themes (shown below), and educators attend Transition/Set for Life Training sessions.

## **MONDAY**

### ***Living Independently***

*After high school I will possess the skills to live on my own.*

Let's get acquainted with each other, camp rules and activities, and while in Juneau, creating a healthy lifestyle, person-centered planning, personal finance, and team building activities.

## **TUESDAY**

### ***Education and Training***

*Additional education and training after high school will help me choose and prepare for an interesting and satisfying career.*

Education and training opportunities, visit UAS and your first work station, person-centered planning.

## **WEDNESDAY**

### ***Employment: Finding and keeping a job***

*After high school I will support my family and myself with a satisfying career.*

Person-centered planning, visit your second work station and Juneau Job Center, job-seeking skills, career planning, work on thank you notes

## **THURSDAY**

### ***Contributing to my community***

*After high school I will be a valued member of my community.*

Person-centered planning, visit your third work station, mapping community assets, community participation, starting your own business, work on thank you notes

## **FRIDAY**

### ***Putting it all together***

*With my person-centered plan, I'm ready to move from school to adulthood.*

Recreation and leisure, take your first step for person-centered planning, review of the week, finish thank you notes, Awards Ceremony. Our session ends at Noon, after which you may be travelling home.