One more time! This is it.
The last session of *Whose Future Is It Anyway?* Congratulations! Well done!

Well, almost well done. I mean, you still need to review the last three sections. I know, I know...reviewing is boring.

But, think of it this way...you’ve got a meeting coming up that could decide the rest of your life. You can either skip this review stuff and take the chance that you will remember everything you need to know to take more control of that meeting, or you can review it one more time just to be sure.

That’s what I thought. Better safe than sorry, eh?

I mean, really...whose future is it anyway?

Here are some questions that will help you review sessions 19 to 34. If you can answer them, fill in the blanks. If you don’t know the answer, go back and figure it out. I’ve listed the sessions where you can find the information you need. Work with your coach or anyone else you want to work with.

**Sessions 19 to 24: goals, objectives and the future**

1. **What is a goal?**  (Hint: Session 19)

2. **What are objectives?**  (Hint: Session 19)

3. **Why have goals and objectives?**  (Hint: Session 19)

4. **What makes a well-written goal?**  (Hint: Session 19)
What is the vocational outcome you want to reach? (Hint: Session 20)

What is the goal to reach that outcome? (Hint: Session 20)

What is the education outcome you want to reach? (Hint: Session 21)

What is the goal to reach that outcome? (Hint: Session 21)

What is the living outcome you want to reach? (Hint: Session 21)

What is the goal to reach that outcome? (Hint: Session 22)

What is the recreation outcome you want to reach? (Hint: Session 23)

What is the goal to reach that outcome? (Hint: Session 23)

What are three ways to track goals? (Hint: Session 24)

What are five ways of communicating? (Hint: Session 25)

Sessions 25 to 30: **COMMUNICATING** (Or: I thought you said she said he said?).
What is a mixed message?  (Hint: Session 25)

What is “being assertive?”  (Hint: Session 26)

What is “being aggressive?”  (Hint: Session 26)

Circle the type of behavior that helps you get what you want?  (Hint: Session 26)  
- Assertive
- AGGRESSIVE

How can you find out what your rights are?  (Hint: Session 27)

What is the other part of rights?  (Hint: Session 27)

What does being a good salesperson have to do with communicating at your planning meeting?  (Hint: Session 28)

What are three things that are important for you to learn to “sell” what you want at your meeting?  (Hint: Session 28)

What does negotiate mean?  $  (Hint: Session 29)

What is a compromise?  (Hint: Session 29)
What is a team?  
(Hint: Session 30)

What is your team’s goal for the meeting?  
(Hint: Session 30)

What are four rules for active listening?  
(Hint: Session 30)

What kind of meeting is your transition planning meeting?  
(Hint: Session 31)

Who is in charge of planning for your planning meeting?  
(Hint: Session 32)

What are the four steps to planning for a successful meeting?  
(Hint: Session 32)

What are seven important things to keep in mind when you make arrangements for your meeting?  
(Hint: Session 32)

What are five kinds of meetings?  
(Hint: Session 31)
What are three things a person needs to do to have the right kind of attitude to be a good team member? (Hint: Session 33)

What are some ways you can show that you are a good team member? (Hint: Session 33)

What is someone who leads a meeting called? (Hint: Session 34)

What are the responsibilities of the committee chair? (Hint: Session 34)

Who is responsible for leading your planning meeting? (Hint: Session 34)

What are the two most difficult things a chairperson has to do? (Hint: Session 34)

What are some good ways to get team members to participate in the meeting? (Hint: Session 34)

How can a leader assist a team to make a decision? (Hint: Session 34)
Okay. So that’s it for now.

But, your future isn't over. It has just begun.

Later.

Oh yeah. I forgot. There isn’t a later. This is it. The end.

Whose Future Is It Anyway? is over!

Good Luck!

Now, go to that meeting and show them everything you know about taking control of your life!
<table>
<thead>
<tr>
<th>INDEX</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Aardvark</td>
<td>84 (Session 8)</td>
</tr>
<tr>
<td>Abilities and Interests</td>
<td>36-37 (Session 3)</td>
</tr>
<tr>
<td>ADA</td>
<td>46 (Session 4)</td>
</tr>
<tr>
<td>Appeal decisions</td>
<td>251 (Session 27)</td>
</tr>
<tr>
<td>Attendance tracking form</td>
<td></td>
</tr>
<tr>
<td>Communication:</td>
<td>Sessions 25-30</td>
</tr>
<tr>
<td>Aggressive/assertive definitions</td>
<td>241-243 (Session 26)</td>
</tr>
<tr>
<td>Aggressive/assertive quiz</td>
<td>249 (Session 27)</td>
</tr>
<tr>
<td>As a process</td>
<td>230-231 (Session 25)</td>
</tr>
<tr>
<td>Body language</td>
<td>237 (Session 26)</td>
</tr>
<tr>
<td>Four things to talk about in my meeting</td>
<td>268 (Session 29)</td>
</tr>
<tr>
<td><em>Four things to talk about in my meeting form</em></td>
<td>273</td>
</tr>
<tr>
<td>get reAL rules</td>
<td>278-279 (Session 30)</td>
</tr>
<tr>
<td>Listening</td>
<td>275 (Session 30)</td>
</tr>
<tr>
<td>Negotiation and compromise</td>
<td>269 (Session 29)</td>
</tr>
<tr>
<td>Persuasion shuffle</td>
<td>260-262 (Session 28)</td>
</tr>
<tr>
<td>Timing</td>
<td>258 (Session 28)</td>
</tr>
<tr>
<td>Community resources</td>
<td>123-131 (Session 13)</td>
</tr>
<tr>
<td>Employment</td>
<td>133-142 (Session 14)</td>
</tr>
<tr>
<td>Post-Secondary</td>
<td>143-152 (Session 15)</td>
</tr>
<tr>
<td>Independent Living</td>
<td>153-162 (Session 16)</td>
</tr>
<tr>
<td>Recreation and Leisure</td>
<td>163-170 (Session 17)</td>
</tr>
<tr>
<td>Community Resources Planning Sheet</td>
<td>175-176 (Session 18)</td>
</tr>
<tr>
<td>Decisions/supports</td>
<td>71-78 (Session 7)</td>
</tr>
<tr>
<td>Disability perceptions</td>
<td>41-51 (Session 4)</td>
</tr>
<tr>
<td>DO IT !:</td>
<td>71-119 (Sessions 7-12)</td>
</tr>
<tr>
<td>Living Outcome</td>
<td>79-87 (Session 8)</td>
</tr>
<tr>
<td>Employment</td>
<td>133-141 (Session 14)</td>
</tr>
<tr>
<td>Employment Community Resources Notes</td>
<td>142 (Session 14)</td>
</tr>
<tr>
<td><em>Expectations for planning meeting letter</em></td>
<td>312 (Session 34)</td>
</tr>
</tbody>
</table>
Four Outcome Areas
- Employment descriptions
- Post-Secondary descriptions
- Independent Living descriptions
- Recreation and Leisure descriptions

get reAL rules

Goals
- Writing goals

Ice cream story

Identify the Outcomes Form

IEP / Transition Services plan (Sample form)

Independent Living Community Resources Notes

Informed Consent

Limitations/Supports

Living Options

Meetings
- Four good reasons to have meetings
- Five kinds of meetings
- Managing the meeting

Mixed Messages

Other People with Disabilities Stories

Outline Your Options Form

Preferences and Interests

Post-Secondary Community Resources Notes

Post-secondary training

Recreation and Leisure Community Resources Fact Sheet

School Records Survey Sheet
Support Circle

Stereotypes

Supports

Supports Sheet

Symbols:

Aardvark

Clapper

Coach

Ear (listen)

Goal

IDEA

Meeting

MULES

Note Pad

Objectives

Overhead projector

Summary sheet

Thinker

29 (Session 2)

43-44 (Session 4)

61-67 (Session 6)

67 (Session 6)

84 (Session 8)

14 (Session 1)

10 (Introduction)

8 (Introduction)

179 (Session 19)

8 (Introduction)

17 (Session 1)

41 (Session 4)

20 (Session 1)

180 (Session 19)

19 (Session 1)

20 (Session 1)

13 (Session 1)
Transition planning/bridge 15 (Session 1)

Umiak 17 (Session 1)

Your future 7 (Introduction)

WIGOUT 183-195
WIGOUT Checklists:
  Vocational and Employment 198 (Session 20)
  Post-Secondary descriptions 204 (Session 21)
  Independent Living descriptions 210 (Session 22)
  Recreation and Leisure descriptions 216 (Session 23)

WIGOUT Review Sheet 190-191 (Session 19)

WIGOUT Workup 195-196 (Session 20)