

Session 15

HOW TO GET WHAT YOU NEED, Sec. 101- Community resources for more school

WHOSE FUTURE GOAL 10: You will identify some community resources you can use to assist you with post-secondary education and training.



Education? Whoa, just because you think you are finished with this school stuff once you graduate from high school doesn't mean you have to tune me out and skip this session.

You just think that college is the only post-secondary outcome you could look at. Learning is a lifelong activity.

Why? Answer this question:

What one thing will have the most influence on how much

money  **you make in your life?**

No, not winning the lottery. Your odds against that are a gazillion to one. It would be great, but you can't plan on it.

Seriously, what will help you make the most money possible?

Good looks? A wealthy aunt? (well, maybe, but you can't count on that either) Hard work? Luck?

Well, the one factor that most influences how much money you make across your life is..... (drum roll, please)

How much education you have!

It's true. I read it in the paper



and saw it on television.

But it really is true. **HONEST. REALLY!**

The more education you have, the more money you will make through your life. Remember my little equation a few sessions ago?

1. school work = better job
2. better job = more money
3. more money = more fun things to buy!

so:

4. school work = more fun things to buy!

I know, hard to believe. But true!

But what you might not think about is that you don't necessarily have to go to college. There are other kinds of post-secondary education outcomes, like community college or vocational

training.



Also, you could just take some classes for fun and not have to work for a degree. After all, money's not everything, right?

Well, you know what they say about that, don't you? Money's not everything if you already have it! That's true in a lot of ways. You need money to get by each day or you have to depend on other people.

So even if you think you'll never want to walk into another classroom after you travel across the stage to get your high school diploma, just give this a little thought. After all, if you finish with me too soon your teacher is going to give

you some of that old boring stuff you are used to spending time on. Isn't it much more fun to think about all the things you could do with your future?



I thought so.

So, you may have been thinking about going to college or some other school so you can get a certain job. You may even want to look at college or adult education classes where you could learn something just for fun.

Bet you never thought of learning as being fun!

Go ahead and pull that old transition plan out now. That thing is going to look pretty ragged by the time you're finished with it. That's OK. You'll write a new one!

Look for the section that talks about learning or education after high school graduation. It probably looks something like this:

POST-SECONDARY EDUCATION OR TRAINING OUTCOMES

- ☐ None due to expected employment
- ☐ Community College, no support needed
- ☐ Community College, support needed
- ☐ Technical or Trade School, no support needed
- ☐ Technical or Trade School, support needed
- ☐ Military or Military School
- ☐ University, no support needed
- ☐ University, support needed
- ☐ Adult Education classes, no support needed
- ☐ Adult Education classes, support needed
- ☐ Other _____

Remember how confused I was with the employment outcomes? Well, same here. Not as bad though. Still, I decided to look these things up.

☐ None due to expected employment.

I've seen some people who marked this box just because they knew what type of job they would get and they didn't need a college degree to get that job. If this

fits you...hold it just a second!



Slow that **MULES** down!

Think about it? What about some of the other things on your interests and

abilities list? I mean, I decided I would *never, ever, ever* make much money



using my drawing skills
and that I liked computer work



and could make some money at it, too.

But, I didn't want to just give up on drawing and I still wanted to get better. So, I took an art class at the community college. What things are on your list that might not be a work option but could be something you could learn to do better?

Lots of people work at jobs full-time and go to school part-time. Then again, some people go to school full-time and work part-time. Is there a class you could take at the community college at night if you work during the day? Is there something that you could learn that would help you in your new job? What about a class where you can learn something just for fun? What about just learning new skills?

For most people, some extra education is a good idea. But, if going to school or classes while you work doesn't look like an option for you, this outcome might be best.

○ Community College, no support needed

Community colleges offer a lot of different programs. Some people go to a community college to get basic classes



out of the way before they go to a university. Other people go to learn

some job skills, like math or writing



skills or computer skills.

Some people take classes just for fun!
(*I know, unbelievable, but true!*)

Is this a good option for you? Well, first, you should know what you would like to learn. Do you need to learn something to get the job you want? Does it make more sense to pick up some classes at the community college before you go to a university? Is there something you really want to learn?

Of course, then you need to know what the community college in your area has to offer. Talk to a counselor or your



teacher. Call the community college or get a course schedule.

But, I digress. (*That means I got off the subject again. Sorry.*) All that is what you will need to do if you decide to look at this option.

Now, without further delay, I will talk about what “no support needed” means. You can probably already guess. I mean, we've been talking about supports for weeks and weeks and weeks now. Anyway, some people can go to community college and make it just fine without any assistance. If this is you...great! Although, be careful. Remember, we all get by with a little help from our friends! You might need some supports you don't even think



about. Like a ride to school

or a tutor for the math class you might have to take even if you want to be an



auto mechanic, or someone to show you where the library is. Things like that.

○ Community College, support needed

Guess what? This is just like the last option we talked about. Only you need some type of support. Keep in mind that there are all kinds of supports that don't really seem like supports. (*Did that make sense? I didn't think so.*) What I mean is, you probably don't think about the ticket agency as a community resource providing supports, even though it is. So think about all the different types of supports and maybe this option will make sense for your needs.

There are several types of support that you might want to think about for all of the post-secondary outcomes. Here are some examples:

- Untimed Tests - That's where you can have as long as you need to take a test. It's a good idea if you have a difficult time reading or writing.



- Audio Taped Lectures - Most college classes have a teacher lecturing (talking) and you take notes. You might need to



record the lecture on a tape so you can go back and listen a second or third

time. Just what you wanted to do with your weekend, eh?

- Large Print Books and Papers - College classes use textbooks a lot. If you have a visual impairment, you might use a book with larger printing.

- Note Taking Assistant - If you can't take notes for some reason, you can probably have someone take notes for you. That may be someone who comes in just to do that. It might be a friend in the



class.

- Interpreter - If you have a hearing impairment, you might need the support of an interpreter to sign what the



instructor is saying.

These are just a few examples of the types of support you can get to assist you at the community college. That's why YOU need to think through and know what supports YOU could use. Chances are, nobody else will bother and you won't get the support you need and deserve. YOU will need to let the college know about the support you need. It will be your responsibility. Remember? That's one of the hard parts of the adult world! You have to be a



MULES driver! Take responsibility for yourself. I guess if you don't, someone else might, and you probably won't be doing what you want to do.

Oh, by the way...your teachers in college won't gripe at you like your teachers in high school if you don't do your work. I mean, you never thought of that as them doing you a favor, did you? Well, keeping on you to finish your work is one service high school teachers provide. Not so in college! Some probably won't care one way or the other if you do or don't do your work. I mean, they figure you are paying for it! If you don't do the work, you fail. Simple.

They **will** support you if you make your needs known. That's why it is important to know what you need.

○ **Technical or Trade School, no support needed**

There are lots of different types of trade or technical schools. Each school has classes where you learn job skills. Here are some examples of types of technical or trade schools where you could learn new skills for a job:

- court reporting
- travel and tourism careers
- legal office assistant
- word processing
- medical office assistant
- computer technology
- electronics
- data entry
- printing training
- air conditioning, heating and refrigeration
- auto body repair
- photography
- home repair
- painting
- hotel management
- restaurant management
- drafting and design

- cosmetology

Maybe your city has some other type of school. Like an umiak building tech school!



Check the phone book. Who knows? You might find a school that will train you for a job you have never even heard of before!

If you checked this area it would mean you don't need any type of support. But beware...remember what I said about the community college with no support option!



As the song says:
Oooh, I get by with a little help from my friends.
Ooooh, gonna try with a little help from my friends.

I know...I can't sing. We already agreed on that. But, you might think of some type of *support-that-is-not-a-support* that would help you be more successful.

○ **Technical or Trade School, support needed**

Simple enough. This is just like the last one, but you thought of a few supports.

○ **Military or Military School**



This would be the Army,



Marine Corps, Navy, Air Force or Coast Guard. Never thought of that as a post-secondary option, did you? Well, it's also an employment option. Some people go into the military

so that they can get their other post-secondary education, like college, paid for. The different branches of the military have different requirements for enlistment (*that's joining up*). Some disability conditions could keep you out of some parts of the military. You will need to call the local office of the branch of military to get more information.

○ **University, no support needed**

Universities are the 4-year colleges that you attend to get a degree. You may find a university in your city or state where you could earn a degree that will



help you get the job you want.

You might decide you would rather go to a university out of state. This is a big decision. Universities offer a lot of different programs and they also have different costs. Some are real expensive and some are more affordable. They all have tests you have to take and academic courses you have to have taken to attend. You will need to talk about this option to a lot of people like your counselor, parents and the university people. I know lots of people with disabilities who have done well at the university they chose with and without supports.

○ **University, support needed**

This is the same as the one above, only you have some supports you figured out you would need.

○ **Adult Education classes, no support needed**

You can find adult education classes at a bunch of places. Where? Well, some cities have recreation programs that have adult education courses. Some neighbors of mine took a country

dancing class at the rec center.



Sometimes there are adult education classes at the public school buildings. One that you might know about is GED training. That means General Education Diploma. You go to GED programs if you didn't get your high school diploma, but want to get one.

You might think that you don't need GED classes since you are going to graduate from high school pretty soon. Well, that may be true or it may not be.

HELPFUL HINT: In some states, (not all) if you receive special education services, you can't get the same diploma other students receive when they graduate. You get an alternate or different diploma or a certificate of attendance (that means you showed up). You need to find out about your state.

I have a friend named Nancy who discovered that she couldn't get into a community college because her high school diploma was from "special education." She was very upset because it was unfair that she did not have the chance to learn the things she needed to get a regular diploma. But instead of quitting, Nancy did a smart thing. She went to a GED adult education class. When you go to GED classes, you study all sorts of things you need to know to pass a GED test. When you pass the GED test, you get a GED certificate that is the same as a high school diploma. Nancy studied hard. She took the test once and didn't pass. But she studied more and took it a second time and

passed it. Nancy says that the first thing she did was to take her GED certificate over to the High School and show them that she could learn what they said she couldn't. She then went on to community college.

There are other kinds of adult education programs. Some of them can help you learn skills, like computer skills, that can help you get a job. Some can help you learn skills that could be for a job or just for fun, like photography or a foreign language.

○ **Adult Education classes, support needed**

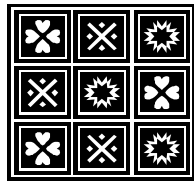
Ooooooh, la, la, Second verse same as the first, Ooooooh, la, la.

OK. So I said I wouldn't sing that again. So sue me! Anyway, this is the same as above, but with supports.

○ **Other** _____

This could be almost anything. Maybe

you want to learn how to knit,



make quilts,



or go duck hunting. If you want to learn something and can't find it under one of the other options you could write it in here.



OK. It's that time. Time to find out as much as you can about the community resources listed in your IEP that support post-secondary outcomes.



Get out that dog-eared copy of your IEP or transition file. Check it out. See if there are any post-secondary outcomes listed.

If there are, choose one or two and get some information about them. Just like you did for employment. Remember? Like calling the place and seeing what



MULES they provide. In this case, the community resource agency might be a type of school, like the community college, trade school or university. Or it might be an agency, like vocational rehabilitation, that can provide some supports. You still need to ask them questions, like:

What types of school supports does your agency offer?

Who do you provide support for?

How does a person apply for your support?

After a person applies, how long does it take to get support?

How long will the support last?

You remember how to do this, don't you?

YOU: (Dial)
community resource agency: “Hello.”

YOU: “I would like to talk to someone about the services your agency offers.”
community resource agency: “Hold please.”

YOU: (wait)
community resource agency: “Hello. How may I help you?”

YOU: “I would like to ask a few questions about some of the services you provide.”

community resource agency: “Okay, what is your question?”

YOU: “What type of support does your agency offer?”

community resource agency: (answers)

YOU: “Who do you support?”

community resource agency: (answers)

YOU: “How does a person apply for your support?”

community resource agency: (answers)

YOU: “After a person applies, how long does it take to get support

community resource agency: (answers)

YOU: “How long will the support last?”

community resource agency: (answers)

YOU: “Do you have any written information you could send me? Or could we meet to talk more about your program?”

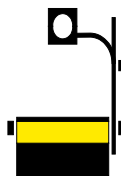
community resource agency: (answers)

YOU: “Thank you.”

Yeah, yeah. Calling the agency, asking around at school, checking the phone book. All that stuff. While you are asking these questions, take notes,

writing down the answers as you hear them. There is a post-secondary community resource notes sheet at the end of this lesson that you can write on while you take these notes.

All right. Enough talk. Go for it.






Okay. Let’s look at what you’ve covered this session.

- ☒ You identified the c_____ resources that you could use to succeed in post-secondary education.
- ☒ You looked at different kinds of p____-s_____ outcomes and the community resources used for them.
- ☒ You learned how to find out about more community resources that s_____ post-secondary education outcomes and how to learn what s_____ they provide.

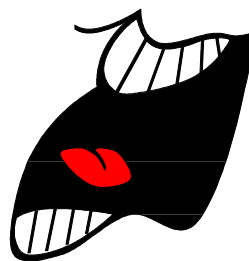


Before the next session, you should have:

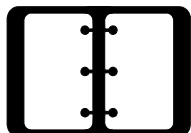
-  Collected information on all community resources to support post-secondary education outcomes that are listed in your IEP.
-  Talked with other people, including people with disabilities who have used community resources, about the types of services available.

 Talked to the community resource agency or school person listed about their services and, if possible, visited at least one of the schools or agencies.

Okay. So that's it for now.



Later.



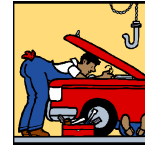
Session 15 Summary Sheet -

Community resources for more school

WHOSE FUTURE GOAL 10: You will identify some community resources you can use to assist you with post-secondary education and training.

- ☒ You identified the community resources that you could use to succeed in post-secondary education.
- ☒ You looked at different kinds of post-secondary outcomes and the community resources used for them.
- ☒ You learned how to find out about more community resources that support post-secondary education outcomes and how to learn what services they provide.

Post-Secondary Community Resources Notes



Agency or Resource: _____

Address: _____

Phone: _____

Who you talked to: _____

Type of support the agency offers:

Who the agency supports: _____

How to apply for support: _____

How long does it take to get support after you apply: _____

How long will the support last: _____

Other: _____
