



Worksheet 1: My Daily Reflection & Time Management Planner

Purpose:

Help you build independent routines, reflect on your progress, and manage your time effectively.

Instructions:

Each day, use this planner to organize your tasks, reflect on your accomplishments, and plan for improvement.

Daily Planner

Date:

Top 3 Priorities for Today:

- 1.
- 2.
- 3.

Schedule:

Time	Activity/Task
8-9 AM	

Reflection Section

What went well today?

What challenges did you face?

What can you do differently tomorrow?



Worksheet 2: Transition Planning Checklist

Purpose:

Guide you through the steps needed to prepare for life after high school, whether that's college, vocational training, or entering the workforce.

Instructions:

Work through each task on the checklist. Mark each item as "Completed," "In Progress," or "Not Started."

Task	Status (Completed/In Progress/Not Started)	Notes/Next Steps
Research postsecondary options (college, etc.)		
Meet with a school counselor or transition coordinator		
Create a list of potential career interests		
Identify community-based organizations for support		
Attend a workshop or informational session		
Develop a preliminary transition plan		
Set personal goals for the next 6-12 months		

Worksheet 3: My Accommodations Request Planner

Purpose:

Assist you in preparing to request and document accommodations effectively in academic and professional settings.

Instructions:

Fill out each section to outline what accommodations have worked for you and what you might need in future settings.

Part A: Reflect on Past Experiences

Which accommodations have helped you succeed in high school?

- 1.
- 2.
- 3.

What challenges did you face even with accommodations?

Part B: Planning for Future Needs

Identify potential new settings (college, workplace) and what accommodations might be needed:

Setting	Accommodation Needed	Why It's Important
Example: College	Extra time on tests	Helps manage test anxiety and processing speed

Write a draft script for requesting accommodations:

“Hello, my name is [Your Name]. I have found that accommodations like [specific accommodation] have greatly supported my learning. In this new setting, I would appreciate [describe need] because [reason]. Could we discuss how this might be implemented?”

(Practice personalizing this script based on different situations.)

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Worksheet 4: Self-Advocacy Role-Play & Feedback

Purpose:

Enhance your ability to effectively communicate your needs through role-play scenarios and reflection.

Instructions:

Read each scenario, write down your planned response, and then practice the scenario with a peer, teacher, or family member. After each role-play, use the feedback section to note what went well and what could be improved.

Scenario 1: Classroom Discussion

Situation: You have an idea that could improve a class project, but you're hesitant to speak up.

Your Planned Response:

"I have a suggestion that might help us complete this project more efficiently. May I share my idea?"

Feedback:

What did your partner/observer say?

Scenario 2: Requesting an Accommodation

Situation: You need additional time for an assignment due to processing challenges.

Your Planned Response:

"I would like to request some extra time on this assignment, as I find that I work best with a bit more time to process the information."

Feedback:

What feedback did you receive?

Scenario 3: Seeking Support from a Counselor

Situation: You're feeling overwhelmed and need guidance on managing your workload.

Your Planned Response:

"I've been feeling overwhelmed with my workload recently. Could we talk about some strategies to better manage my time and stress?"

Feedback:

What suggestions did your partner offer?

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Worksheet 5: My Career Exploration and Skills Assessment

Purpose:

Assist you in exploring potential career paths and identifying the skills needed for those careers.

Instructions:

Answer the following questions and complete the table to reflect on your career interests and current skills.

Part A: Career Interests

- 1. What subjects or activities are you most passionate about?**

- 2. List two or three careers that interest you:**
 - 1.
 - 2.
 - 3.

- 3. What do you find appealing about these careers?**

Part B: Skills Assessment

Identify key skills you currently have (e.g., teamwork, communication, creativity):

- 1.
- 2.
- 3.

List skills you believe you need to develop for your desired career:

4.

5.

6.

Part C: Action Plan

What is one step you can take in the next month to explore one of these career paths?

Who can help you learn more about this career (mentor, teacher, family member)?

