



Worksheet 1: Resource Mapping for New Environments

Purpose:

Help you identify and organize the resources available in your new academic, workplace, or community settings.

Instructions:

Create a map or list that highlights both institutional and community-based resources that support your academic, vocational, and independent living needs.

Part A: Resource Map

Instructions: Draw a simple map or list the names of key resource locations. Include on-campus services (e.g., disability services, counseling centers), government programs (e.g., vocational rehabilitation, student financial aid offices), and community organizations.

(Use the space below to sketch or list your resource map.)

Part B: Resource Directory Table

Resource Name	Type (On-Campus, Government, Community)	What They Offer	Contact/Location
1.			
2.			
3.			

Part C: Transition Checklist

List key tasks to complete before starting college or a new job (e.g., schedule meetings with support coordinators, register with disability services).

Task	Target Date	Completed (✓)



Worksheet 2: Advanced Self-Advocacy Role-Play & Action Plan

Purpose:

Enhance your ability to effectively communicate your needs in complex environments through realistic role-playing scenarios and planning.

Instructions:

Review each scenario, write down your planned response, and practice with a partner. Then, reflect on the feedback received.

Scenario 1: Negotiating Accommodations in College

Situation:

You need additional time on exams due to processing challenges.

Your Planned Response:

“Hello, I’m [Your Name]. In my previous academic setting, accommodations such as extra time on tests have been crucial for my success. Given my processing needs, I would like to request a similar arrangement for my upcoming exams. Could we discuss how to implement this effectively?”

Feedback Section:

What suggestions did your practice partner provide?

Scenario 2: Requesting Workplace Support

Situation: You require adaptive technology or flexible scheduling in a new job setting.

Your Planned Response:

“Hi, I’m [Your Name]. To perform my best at work, I’d like to discuss some accommodations that have helped me in the past—such as [specific accommodation]. Can we explore how to integrate these supports into my role?”

Feedback Section:

What worked well, and what could be improved?

Action Plan:

List 2-3 advanced advocacy skills you want to work on:

- 1.
- 2.

Next Steps:

What's one action you can take this month to practice advanced self-advocacy?

STRIDE 

Worksheet 3: Independent Living Skills Planner

Purpose:

Build a structured plan to develop and manage daily life tasks as you transition into full independence.

Instructions:

Use this planner to set up routines for budgeting, meal planning, scheduling appointments, and managing other daily responsibilities.

Part A: Daily Routine & Responsibilities**Daily Tasks:**

List your key daily responsibilities (e.g., preparing meals, managing transportation, scheduling appointments):

- 1.
- 2.
- 3.

Part B: Weekly Planner**Schedule:**

Use the table below to plan your week. Fill in your planned activities for each day.

Day	Key Tasks/Activities	Notes/Reminders
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Part C: Budgeting & Financial Planning

Budgeting Worksheet:

Track your monthly income and expenses.

Income Source	Amount
Example: Part-time job	\$_____

Expense	Amount
Rent/Utilities	\$
Groceries	\$
Transportation	\$
Other	\$

Savings Goal:

How much would you like to save each month?

STRIDE 

Worksheet 4: My Career Vision Board & Skills Assessment

Purpose:

Encourage creative exploration of your career aspirations and assess the skills you currently have versus those you need to develop.

Instructions:

Complete the sections below to create a visual and written plan for your career. You can draw, cut out images, or write down your ideas.

Part A: Career Vision Board

Creative Expression:

Create a collage or list that represents your ideal career. Include images, words, or symbols that inspire you.

Part B: Career Interests & Skills Assessment

1. Career Interests:

List two or three careers that excite you:

1.

2.

3.

2. What attracts you to these careers?

3. **Current Skills:**

Identify skills you already possess (e.g., communication, teamwork, technical skills):

- 1.
- 2.
- 3.

4. **Skills to Develop:**

List skills you need to build to succeed in your desired career(s):

- 1.
- 2.
- 3.

5. **Action Steps:**

What is one step you can take in the next month to move closer to your career goals (e.g., attend a workshop, reach out to a mentor)?



Worksheet 5: My Transition Action Plan

Purpose:

Develop a personalized, actionable plan to guide your transition into postsecondary education or the workforce.

Instructions:

Answer the following questions and complete the timeline to map out your transition goals.

Part A: Self-Assessment

Current Status:

What is one strength you bring into this transition?

Area for Growth:

Identify one challenge you expect to face.

Part B: Setting Goals

Short-Term Goal (Next 3-6 Months):

Long-Term Goal (6-12 Months or Beyond):

Part C: Action Timeline

Step-by-Step Plan:

List 3-5 specific actions you will take to achieve your goals. For each action, note the target date.

Action	Target Date	Notes

Part D: Support Network

Who Will Help You?

List individuals or organizations that can support you through this transition (e.g., mentors, support coordinators, family members):

- 1.
- 2.
- 3.

