



Pre ETS School to Adult transition

By Robert Proctor

About Robert Proctor

- My background is in Education with a focus on IECE (Interdisciplinary Early Childhood Education)
- I have several disabilities myself and grew through a period that did not even allow me to have an IEP to help in my educational transition.
- My parents were my advocates for my education.
- Who are the advocates for your consumers?





What are your regions transitioning goals for students?

- Your table will receive a note card.
 - Please write the numbers 1, 2, 3, 4 on the note card in descending order
 - I would like for you to write for number 1 what you think your region's transitioning goals are for students going from high school to college, independent work, or vocational school.
 - We are now going to share and listen to each other's goals if you hear one that you like, write it down on your card in space either 2, 3, 4.
 - I will be writing all goals on a board to display for reference.
 - Then after we are done I want you to reorder the most important goals for transitioning you heard in ascending order.
 - Then I want you in an orderly fashion to come place a 1 by your number 1 choice and 2 by number 2 choice



Brain Break

Balloon breathing is a relaxation technique that involves mimicking the action of blowing up a balloon. It helps to promote deep, diaphragmatic breathing, which can be beneficial for reducing stress, anxiety, and improving overall well-being.

How to Perform Balloon Breathing:

Sit or lie down in a comfortable position.

Place your hands on your abdomen, forming a circle.

Inhale slowly through your nose, imagining that you are filling the balloon with air.

As you inhale, allow your abdomen to expand like a balloon.

Hold your breath for a few seconds.

Exhale slowly through your mouth, deflating the balloon.

Repeat steps 2-6 several times, focusing on the sensation of your abdomen expanding and contracting.

Benefits of Balloon Breathing: Promotes relaxation and reduces stress, Improves diaphragmatic breathing, Enhances focus and concentration, Supports abdominal muscle tone, and Can be used as a mindfulness practice.



What plans do you have in place for those student to make those goals achievable?

- What examples can you provide to help make these goals we have selected achievable for our consumer?
- Examples: ARC transition meeting, referral for different services such as AT, psych, counseling, etc...



Was there any technology that you thought could benefit your consumer in school that they did not receive?

Technology School used

- Magnifiers
- Chromebook extensions (readers)
- Smartboard
- Phones
- AI (IXL, Lesson Planning)
- Google translate

Technology Schools don't allow use for students

- JAWS
- Zoomtexts
- AI apps
- Cell phones



What do you view as the purpose of transitioning?

Why do we need to do this? What positives or consequences come from these transitions?



"What did you take away from the meeting?"



Are you aware of local resources to assist in your consumer transition?

- Who do you reach out to help those who are transitioning?
- OVR should be a resource that is used in transition meetings, for example, if AT tech can attend the transitional ARC final meeting with the counselor would be a great time for AT techs to conduct their assessment because they would be given more reliable data to make better informed decisions about the consumer from other professionals who have worked with them.
- In my region(Paducah), I use goodwill opportunity , non profits, and schools to all help my consumers with collaboration if possible.
- Free Resouce document that AT techs created to help our consumers in this difficult time.
https://www.katsnet.org/docs/Free_school_resources.pdf



Thank you for your time and attention

If you have any questions or concerns that I can help you with my contact information is:

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