



TransitionME

Tuesday Power Hour Series

2022 – 2023

2023-01-17 VR – Transition – Summer Opportunities

Presenter: Libby Stone Sterling

Paid Work Experience Matters

“All studies measuring this variable reported paid work experience during high school was significantly and positively related to post-secondary competitive employment (Carter et al 2012; Gold et al., 2013; Joshi et al., 2012; LoBlanco & Kleinert, 2011; Papay & Bambara, 2011; Simonsen & Neubert, 2013; Siperstein et al., 2014). In fact four of the seven studies suggested **paid work experience more than doubles the likelihood of post-secondary competitive employment outcomes** for people with disabilities.” (Southward & Kyzar, 2017)

“Students who participated in work-based learning were **more likely to attend college or go to work** compared to their peers (Jobs for the Future, 2007).”

“One of the most important findings from the research shows that work experiences for youth with disabilities during high school (paid or unpaid) help them **acquire jobs at higher wages** after they graduate (Colley & Jamison, 1998).”

“In addition, research studies suggest that work-based learning may **increase school attendance, decrease dropout rates**, reduce school suspensions, and increase school engagement (Medrich, Calderon, & Hoachlander, 2002)

Pre-Employment Transition Services

1. **Job Exploration Counseling**
 - Available to students with disabilities ages 14 to 22
2. **Work-based Learning Experiences**
3. **Counseling on Opportunities for Post-Secondary Training and Education**
 - Can be delivered in groups in collaboration with schools
4. **Workplace Readiness Training to Develop Social Skills and Independent Living**
 - Easy one page registration form
5. **Instruction in Self-Advocacy**

Contact your local VR Counselor to schedule
In school Pre ETS programs



In school program offered through VR's partnership with Goodwill



Designed to promote skill-building in all areas of Pre-Employment Transition Services



Following modules, students complete a paid work experience



Available in Kennebec, Somerset, Knox, Waldo, Lincoln, Sagadahoc, Androscoggin, Oxford, and Franklin Counties

Pre-ETS
Goodwill
Bootcamp



Contact your local VR Counselor now to plan for Summer 2023

Unable to attend in person Job Club – NO Problem!

Sign up for Virtual Job Club

Virtual Job
Club –
Available
Statewide

June 14, 2022 - Week #1 Transition Job Club Overview:

This session introduces group members to the Virtual Job Shadow website. This session includes the following: Login in and accessing VJS accounts. Touring the site and exploring the VJS website tools and resources. Group rules and assignment completion expectations.

June 21, 2022 - Week #2: Choosing Future Employment Options:

This session will assist individuals with a better understanding of choosing future employment options. Group members will learn about the different job options available to them after they graduate from high school.

June 28, 2022 - Week #3: Career Exploration:

This session will assist individuals with a better understanding of Career Exploration. Individuals will learn about various occupations and their "fit" with your unique career preferences (*e.g., the skills, interests and values you want satisfied by your career*). Individuals will complete a career Interest survey and explore various career profiles.

July 5, 2022 - Week #4 Soft and Hard Skills:

This session will assist individuals with a better understanding of what soft and hard skills are. Group attendees will gain a better understanding why soft and hard skills are important to develop for success in the workplace.

July 12, 2022 - Week #5 Setting Monthly and Yearly Goals:

This session will assist individuals with a better understanding of the importance of setting monthly and yearly goals and how to keep track of their progress.

July 19, 2022 - Lesson #6 Pre-employment Activities:

This session will assist individuals with a better understanding of pre-employment activities. Pre-employment activities are the key to informed decision making. This lesson will provide group attendees with a better understanding of informational interviews, company tours, and a job shadows.

July 26, 2022 - Lesson #7 Understanding the Importance of Your Resume:

This session will assist individuals with a better understanding of why having a resume is an important step in applying for a job.

Contact your local VR Counselor now to plan for Summer 2023
Unable to attend in person Job Shadow Opportunities – NO Problem!

Sign up for Virtual Job Shadow

Pathful Explore (Virtual Job Shadow)

- Pathful Explore/Virtual Job Shadow empowers individuals to discover, plan and pursue their dreams with a unique video-based career planning platform. Interactive tools help students and job seekers develop career paths.
 - Career and Interest Assessments
 - Job shadow and career advice videos
 - Flex lessons
 - Virtual Job Shadow can be used in group settings or 1:1 in person or virtually.



Contact your local VR Counselor now to plan College Bus Tours
For Summer 2023

College Bus Tours

- 14 students attended the first College Bus Tour
- Students visited 7 University of Maine Campuses and 6 Community College Campuses
- Overnight stays at University of Maine at Fort Kent and University of Maine at Farmington
- Participated in sessions on college admissions, financial aid, student services, disability services, transitioning to dorm life and others



Step Up

STEM-themed College Prep Program

- Five-week residential program offered in partnership with UMaine (Orono)
- College Prep Seminars with the Center for Community Inclusion and Disability Services
- Students taking a 3-credit course INT 188 – Integrated Science Research
- Completing a Paid work experience project
- Completing STEM-themed modules in Virtual Job Shadow tool
- PEERS Bootcamp for social skills development
- Social activities designed to practice skills and build confidence with college life.



Contact your local VR Counselor now
explore Stem Themed College Prep
opportunities to plan for

Summer 2023

Robotics Camp

- 4 students participated in the first DBVI Robotics camp
- Camp was an opportunity for both DBVI and DVR students
- The camp was for one week on a college campus
- Students were on an Algebra track or had an interest in algebra
- Students built their own “bot” from individual parts, learning coding and programming from Jon Ownby, Cyber.org



Getting Started With Financial Literacy

A resource guide for transition youth with disabilities in Maine



This guide highlights financial literacy topics relevant to youth with disabilities, and each topic contains a lesson, activity, local resource, game, or smartphone app to learn more about the topic. A collaborative project between Maine Medical Center's Department of Vocational Services and the Maine Division of Vocational Rehabilitation, this guide was developed for Maine transition-aged youth with disabilities and their families, as well as other supporters such as educators, VR counselors, employment supports, and case managers with an interest in exploring financial literacy with their clients.



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Financial Literacy for Youth

- https://www.maine.gov/rehab/dvr/youth_transition.shtml
- Designed for families, educators, VR counselors, employment supports, and case managers to assist youth with disabilities to explore financial literacy. This resource contains lessons, activities, local resources, games, and a smartphone app.

Structured program to support self-advocacy

LIFE Camp



- LIFE – Learning, Independence, Fun and Employment
- 4 students attended this 2-week residential program
- Students learned about the world of work and appropriate dress
- Students participated in community service
- Students learned about self-advocacy

DVR Youth and Transition Services Resources

How Do I Apply?	<ul style="list-style-type: none"> <input type="checkbox"/> Apply for Vocational Rehabilitation On-line <input type="checkbox"/> To apply for Vocational Rehabilitation Services (Word) <input type="checkbox"/> To apply for Vocational Rehabilitation Services - Spanish Language (Word)
Transition Flyers	<ul style="list-style-type: none"> <input type="checkbox"/> Pre-Employment Transition Services (PDF) <input type="checkbox"/> School to Work Services (Word) <input type="checkbox"/> Youth Career Opportunity Assistance Flyer (PDF) <input type="checkbox"/> Youth Career Opportunity Assistance Flyer (PDF)
Find your VR Counselor or search by town	<p>DVR = Division of Vocational Rehabilitation</p> <ul style="list-style-type: none"> <input type="checkbox"/> For a list of Transition Counselors
Explore the Financial Literacy guide which includes lessons, activities, local resources, games, and a smartphone app. Download the guide linked below.	<ul style="list-style-type: none"> <input type="checkbox"/> Financial Literacy Guide (Word)
To register for Pre-Employment Transition Services:	<p>Register for Pre-ETS Services (Word)</p>
Help Maine employers and teen workers understand the responsibilities and requirements of workplace safety.	<p>Maine Laws Governing the Employment of Minors</p>



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**To register in advance to attend and participate in
Transition Tuesday Power Hour Series:**

<https://mainstate.zoom.us/meeting/register/tZ0vdO2urz0uG9JwQ0ltznKUGZPCp-ITsPSj>