

# TAKE YOUR FIRST STEP TOWARDS YOUR **NEXT** STEP!

## OUR FOCUS IS PERSONAL DEVELOPMENT... FOR YOUR NEXT

### COMMUNICATION SKILLS

- Functional skills for work, community, social & personal

### SELF-REGULATION & SOCIAL SKILLS

- Express feelings
- Manage anxiety
- Manage negative thoughts & emotions
- Create a positive self-image
- Interact positively with others
- Social Cognition
- Perspective-taking
- Understand expected vs. unexpected

### SELF-HELP & ADVOCACY

- Assess themselves & their needs
- Awareness of accommodations they need
- Communicate clearly & Advocacy needs
- Knowledge of their rights to these accommodations

### CHOICE & CONTROL

- Communicating preferences
- Understanding your limits
- Person Directed Planning

### EXPANDING THE WORLD

- Finding new and exciting ways to expand your interests, develop your hobbies, and make new friends

### ADAPTIVE SKILLS

- Real-life problem solving
- Dealing with the unexpected and unplanned
- Develop strategies to keep safe
- Where to go for help

### SAFETY

- Personal safety
- Community safety
- Workplace safety

## STRUCTURED TRANSITION EDUCATION PLAN



WE CONSULT WITH A STUDENT AND HIS OR HER PERSONAL NETWORK, TO CONSIDER AS MANY FACTORS AS POSSIBLE IN SUPPORTING A WELL-ROUNDED AND EFFECTIVE TRANSITION PLAN FOR SUCCESS. A MAIN GOAL IS TO REDUCE HIS OR HER SUPPORT NEEDS, WHILE SUPPORTING THE EDUCATIONAL GOALS FOR HIS OR HER NEXT STEPS!

## ACADEMIC STEP

This is best for youth 18+ years who are preparing for Private Post-Secondary courses as a mature student. Our Academic STEP 1 program focuses on preparing students to qualify for specific post-secondary entrance exams for our partner career colleges. We help prepare you with the prerequisite skills needed for entry as a mature student, in accordance with the guidelines from the Ministry of Training, Colleges and Universities. These courses are not credit-earning courses. Course is taught in conjunction with our other STEP programs. Thus members are concurrently enrolled in the Academic Foundations program and another STEP program. Members must have attained a Certificate of Accomplishment for admission.



**REGISTER AT: [HTTPS://NEXTSTEPSUPPORT.COM/ACADEMIC-STEP](https://nextstepsupport.com/academic-step)**

## COMMUNITY & CITIZENSHIP

- DEVELOP SKILLS NECESSARY FOR ENTRY EXAMS
- SHARE COMMUNITY RESOURCES WITH OTHERS
- MANAGE CHALLENGING SITUATIONS
- KEEP PERSONAL BELONGINGS SAFE
- KEEP PERSONAL INFORMATION PRIVATE

## ACADEMIC STEP

This learning course is best for participants who want to work on both continuing education and independent living skills. Course Content helps prepare you with the prerequisite skills needed for entry as a mature student, in accordance with the guidelines from the Ministry of Training, Colleges and Universities. Depending on abilities, needs and working levels, students may participate in the our academic foundation program multiple times or accommodate pace of instruction for particular learning needs.

Participants concurrently participate in our Community STEP program to work to increase independence in the community. Participants are supported to socialize with peers. Learning groups are staffed at a 3:1 - 6:1 participant to staff ratio. Activity fees extra.

### MONTHLY REQUIREMENTS

Toronto Library Card.....	Required
TTC Support Card (if applicable) .....	Required
Presto Card.....	Required
Access2 Entertainment Card.....	Required
Assessments & Reports.....	Included
STEP Planning.....	Extra
Smartphone or Tablet with, Talk/Text/Data .....	Required

### PROGRAM FEES

Academic Foundations.....	\$999.00
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## FUNCTIONAL ACTIVITIES

### TTC ROUTE PLANNING

- Learn how to access bus schedule
- Understand the subway line, street cars and bus routes
- Using a TTC Presto card and how to pay for bus fare
- Download and navigate the TTC app on smart phone or tablet
- Access public wifi
- learn how to respond to Emergency situations

### MONEY MANAGEMENT

- Creating a budget
- Understanding expenses
- How to open a bank account
- Depositing and withdrawing funds from a chequing account
- Using a debit card

### SOCIAL STEP PLANNING

- Learn to use basic web based technology
- Coordinate activities for Social Groups
- Understanding socially appropriate activities for specific groups

### INDUSTRIAL ARTS

- Understanding the function of simple tools
- Learn how to use simple tools for basic maintenance

### LIBRARY

- Use of librarian services
- Use library resources for continuing education

