

JUNE TRANSITION TIDBITS

NYS Division on Career
Development and Transition



Babies are Born with Unlimited Potential

For the 12 million infants and toddlers in the United States, the state where they are born and live during their first three years makes a big difference in their chance for a strong start in life. The littlest among us face big challenges, and we can't afford to squander the potential of a single child. Transition planning can never start too early. Click here to learn more about the national and state-by-state data on the well-being of infants and toddlers.



Resources for Families, Educators, and Students



Families:

What to Say When Your Child Says "I Can't Do It"- All kids have things they do well and things that are hard for them. And most kids have moments when they say, "I can't do it!" or "That's too hard!" What can you say when your child makes these kinds of comments? Click here to learn more.

Educators:

Building Positive Relationships With Students: What Brain Science Says- Students' brains are hard at work every moment of the school day—learning skills and connecting new information with old. Those same brains are also constantly processing information when it comes to their relationship with you, their teacher. Click here to learn more.

Students:

Don't let your pride get in the way of asking for help in school-I refused academic support in high school because I thought, "I got this—this classwork is a piece of cake!" In reality, this was not the case. Click here to learn more about Jay's story.

Elements of I'm Determined

The Elements of I'm Determined comprises the essential skills necessary for increasing self-determination skills. This poster is a simple reminder of the Elements and their definitions. Click here to download the poster.

<p>CHOICE MAKING</p> <p>The skill of selecting a path forward between two known options</p> <p>Cm</p>	<p>DECISION MAKING</p> <p>The skill of selecting a path forward based on various solutions that have each been thoughtfully considered</p> <p>Dm</p>	<p>PROBLEM SOLVING</p> <p>The skill of finding solutions to difficult or complex issues</p> <p>Ps</p>
<p>GOAL SETTING & ATTAINMENT</p> <p>The ability to develop a goal, plan for implementation, and measure success</p> <p>Gs</p>	<p>SELF-REGULATION</p> <p>The ability to monitor and control one's own behaviors, actions, and skills in various situations</p> <p>Re</p>	<p>SELF-ADVOCACY</p> <p>The skills necessary to speak up and/or defend a cause or a person</p> <p>Ad</p>
<p>INTERNAL LOCUS OF CONTROL</p> <p>The belief that one has control over outcomes that are important to his or her own life</p> <p>Lc</p>	<p>SELF-EFFICACY</p> <p>Belief in one's own ability to succeed in specific situations or accomplish specific tasks</p> <p>Ef</p>	<p>SELF-AWARENESS</p> <p>Basic understanding of one's own strengths, needs, and abilities</p> <p>Aw</p>

