



## TAKING ON TRANSITION: AN INTERVENTION PROGRAM FOR YOUNG ADULTS

The transition to adulthood can be both exciting and difficult for young adults with Autism Spectrum Disorders and their families. Chapman University's **Families and Schools Together (F.A.S.T.)** team, in collaboration with The Center for Autism & Neurodevelopmental Disorders, is offering an innovative intervention opportunity for young adults with Autism to learn the basic skills required to successfully transition to adulthood and participate in assessments that will guide them in choosing a career path supported by their unique individual strengths and interests.

### **FALL/WINTER 2017 – 16 WEEKS, BEGINS AUGUST 2017**

TOPICS INCLUDE GOAL SETTING, ORGANIZATION, TIME MANAGEMENT SKILLS, RESUME BUILDING, INTERVIEW PREP, MOCK INTERVIEWS, SOCIAL SKILLS IN THE WORKPLACE, CAREER INTERESTS, CHOOSING A CAREER PATH, ASSESSMENTS OF CAREER PREFERENCES & PERSONAL STRENGTHS AND WEAKNESSES

*Please see reverse side for schedule and session details.*

#### **Eligibility Requirements:**

- This program is for young adults and adolescents ages 16-22 with a medical diagnosis of Autism
- Must have average to above average cognitive ability
- Must be English speaking
- Must be able to attend all 16 weeks of the program
- At least one parent or guardian must be available to attend the parent sessions (indicated on reverse)

***This program may be free for participating families.***

**Registration is required. Space is limited!**

**For more information or to register, please call (949) 267-0491 or email: [mndawson@uci.edu](mailto:mndawson@uci.edu)**

**Location: 2500 Red Hill Avenue Suite 100, Santa Ana, CA 92705**

<b>FALL 2017</b>		<b>MONDAYS, 5:30-7:00PM</b>	
<b>TAKING ON TRANSITION GROUP INTERVENTION</b>			
<i>Week of 8/7 and 8/14/2017</i>	Individual Meetings and Pre-Assessments		
<i>Session 1 – 8/21/2017</i>	Creating and Setting Goals		*Parent Session
<i>Session 2 – 8/28/2017</i>	Planning & Prioritizing		
<i>*Session 3 – 9/11/2017</i>	Goal Attainment & Task Initiation		
<i>Session 4 – 9/18/2017</i>	Organization Skills & Time Management Skills		
<i>Session 5 – 9/25/2017</i>	Flexibility & Emotional Self-Regulation		
<i>Session 6 – 10/2/2017</i>	Career Interests & Job Search		*Parent Session
<i>Session 7 – 10/9/2017</i>	Resume Building & Job Applications		
<i>Session 8 – 10/16/2017</i>	Resume Follow-Up & Interview Preparation, Grooming, & Hygiene		
<i>Session 9 – 10/23/2017</i>	Review Interview Skills & Mock Interviews, Round 1		
<i>Session 10 – 10/30/2017</i>	Review Interview Skills & Mock Interviews, Round 2		
<i>Session 11 – 11/6/2017</i>	Mock Interviews Feedback & Social Skills in the Workplace		
<i>Session 12 – 11/13/2017</i>	Social Gathering!		
<b>MONDAYS, 5:30-7:00PM</b>			
<b>INDIVIDUALIZED STRENGTHS AND READINESS INTERVENTION</b>			
<i>Session 1 – 4</i>	Strong Interest Inventory & Myers-Briggs Type Indicator Assessments		
<i>Individual intervention meetings to be scheduled in December –January</i>	Feedback and Strengths & Weaknesses		
	Family Meeting & Career Path Development		
	Meeting with Education & Training Director & Outreach to Potential Employers		

\*No session on 9/4/17 due to Labor Day