

# TRANSITION

## SESSION INFORMATION

### Mini-Conference 2018

**SATURDAY, MARCH 24, 2018 • EXETER HIGH SCHOOL  
10:00 A.M. - 2:00 P.M.**

#### **SESSION I • 10:30-11:00 AM**

##### **Transitioning to Postsecondary Ed**

*Presenters: Karen Frisbee (Great Bay Community College) and Michael Shuttic (UNH-Institute on Disability)*

How to prepare. What to expect. When to start. Making the transition involves a number of pieces. It is important to know the differences between high school and college – accommodations, requirements & expectations, necessary documentation. Addressing these pieces prior to the transition allows greater focus on getting acclimated to college. Discussion will allow for ample questions and concerns.

##### **What is Vocational Rehabilitation?**

*Presenter: Vanessa Onessimo (NH Vocational Rehabilitation)*

Learn how *New Hampshire Vocational Rehabilitation Services* can help your child find meaningful employment during high school and beyond.

##### **Work, Life, & Family Balance**

*Presenter: Jess Amato (Northeast Passage)*

In this workshop, students are taught the importance of balancing work & play in their lives and the benefits that are experienced by doing so. Students are encouraged to identify healthy ways in which they can participate in recreation and make it a consistent part of their lives.

#### **SESSION II • 11:15-11:45 AM**

##### **Parent Advocacy**

*Presenter: Bonnie Dunham (Parent Information Center)*

Bonnie will discuss the various ways the *Parent Information Center (PIC)* can assist parents in better understanding their child's IEP to ensure that it addresses their child's educational needs.

##### **Friends in Action- Places to Go and People to Meet**

*Presenter: Heidi Chase (Friends in Action)*

Heidi will discuss *Friends in Action's* mission is to enhance the lives of people with developmental disabilities by creating inclusive social and recreational opportunities. *Friends in Action* endeavors to combat the social isolation that many people with disabilities experience. This is done through an integrated approach that promotes inclusion practices. *Friends in Action* recognizes, encourages and promotes a variety of relationships in many settings.

##### **Extended Learning Opportunities (ELOs) - What are they? How do I do one?**

*Presenter: Adam Kraus (Exeter High School)*

*Extended Learning Opportunities* are learning experiences that happen outside of the traditional classroom setting. The purpose of an ELO is to provide an educational experience that is meaningful and relevant by meeting the student's individual learning style, talents, and interests. Adam Kraus will discuss these student interest driven educational experiences and how to get started with one.

#### **SESSION III ON SIDE 2**

# TRANSITION

## SESSION INFORMATION

### Mini-Conference 2018

**SATURDAY, MARCH 24, 2018 • EXETER HIGH SCHOOL  
10:00 A.M. - 2:00 P.M.**

**SESSION III • 12:15-12:45PM**

#### **The Benefits of Music Therapy**

*Presenter: Ryan Judd (The Rhythm Tree)*

Ryan from the *Rhythm Tree* will touch on the benefits of music therapy, share success stories, and conduct an activity using instruments with the group!

#### **Planning for Life after High School: What's Health Got to Do with It?**

*Presenter: Sylvia Pelletier (New Hampshire Family Voices)*

As a natural part of growing up, adolescents becoming adults must become responsible for their health care. Taking responsibility for one's own health care, as developmentally able, is part of becoming independent from one's family and finding a place in the adult community. However, youth with special health care needs, chronic illnesses, physical or developmental disabilities may find this difficult. Sylvia will be presenting and discussing the resources available to families as they start this transition.

#### **Hot Jobs**

*Presenter: Kim Cartier (Consultant - Cartier Career Services)*

Kimberly Cartier, proprietor of Cartier Career Services, has more than 15 years of experience helping people with their career advancement and provides services to those referred by NH-DOE Vocational Rehabilitation as well as private-pay customers. Her services include career counseling, job placement, job retention support, and resume development. Kimberly can also design an individualized career advancement strategy.

**[CLICK HERE TO REGISTER.](#)  
[OR VISIT:](#)**

**<http://bit.ly/parentsPartneringinTransition>**

#### **FOR ADDITIONAL INFORMATION:**

Amy Ferris, (603) 418-4346, [amy-ferris@comcast.net](mailto:amy-ferris@comcast.net) or

Julie Knight, Transition Coordinator, Exeter High School, (603) 395-2517, [jknight@sau16.org](mailto:jknight@sau16.org)



**PARENTS PARTNERING IN TRANSITION** is a group run by Exeter High School parents, supported by EHS staff/administration. Our goal is to gather parents of students supported by IEPs and 504 plans to share resources that support our children as they transition to life after high school. Our group is open to families in Newmarket, Epping and Raymond.