

# A Family Roadmap to the Project STEPP Transition Curriculum



## Module 1 High School vs. College

- Comparison/contrast of differences between high school and college in areas including classes, instructors, studying, grades, and testing
- General academic information and vocabulary
- Note-taking skills
- Developing a college transition notebook

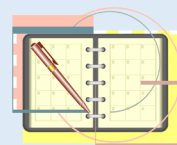
- Introduction to technology
- use in college
- Assistive and instructional technology tools for postsecondary education
- Basic computer skills (keyboarding & formatting)
- Responsible use of technology and social media; online safety
- Online learning

## Module 3 Technology



- Goal-setting
- Choosing a major
- Academic integrity
- “Big picture” perspective of college life
- Balancing academics and social life
- Using long-and short-term planning/scheduling tools
- Calculating grades in college courses

## Module 2 Planning for Academic Success



- Campus resources, support services, and sub-communities
- Creating a campus resource directory
  - Disability support services in college
- Discussing and disclosing disabilities

## Module 4 College Resources



## Module 5 Developing & Maintaining Healthy Routines

- Campus safety
- Personal wellness
- Stress management
- Basic cooking
- Developing independence in following through on commitments



- Informal and formal styles of communication
- Email writing skills
- Receiving and learning from constructive criticism
- Dressing for success in the college setting
- Writing thank-you notes
- Behavioral expectations in college classrooms

## Module 7 Communication



- Key financial topics relevant to college students
- Financial aid and the FAFSA
- College costs
- Using credit responsibly
- Developing a budget for college living
- Money management tips from college students

## Module 6 Finances



## Module 8 Campus Living



- Introduction to living on campus
- Types of housing options
- Living with a roommate
- Essential packing list items for college students
- Conflict management

